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𑒫𑒱𑒠𑒹𑒯 𑒧𑒻𑒟𑒱𑒪𑒲 𑒣𑒼𑒟𑒲 𑒛𑒰𑒅𑒢𑒪𑒼𑒛 𑒮𑒰𑒅𑒙



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𑒮𑒧𑓂𑒣𑒰𑒠𑒏:।𑒑𑒖𑒹𑒢𑓂𑒠𑓂𑒩।𑒚𑒰𑒏𑒳𑒩॥



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ལོག་ཡིག་ཡུལ་ཚོར་དུ་སྤྲོ་ཞུགས་ཀྱི་ལོ་རྒྱུས་ཡིག་ཚང་གཞི་ལས་བྱས་པ་ར། ༼ཉིན-ཕྱི༽ དུ་སྤྲོད།
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༢.གླེང་མཛད

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༢.༣.རིག་གཞུང་དབྱེ་ཞིབ་ལུགས-།སྒྲིག་སྒྲོམ་ལམ་གྱི་བརྗོད་ཡིན་གསར་ཡོང་ཤེས་ཡིག་ཚད་
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ཝི།ཥཾཀཱཝཱི།ཡཱཀཱི:-

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First Time for Maithili

Diorama International Film Festival is going to be held from 30th November to 04th December

The Venue is Instituto Cervantes, Hanuman Mandir Road, Connaught Place, New Delhi

https://www.diorama.in/

https://watch.diorama.in/story-market/

https://watch.diorama.in/story/the-science-of-words/

DIORAMA 2022 PRESENTS

Title: The Science Of Words (Three Maithili Stories translated into English by the Author himself)

AUTHOR BIO: THE AUTHOR GAJENDRA THAKUR IS EDITOR OF VIDEHA

Synopsis: The Sun is in the fifth sign of the zodiac, normally between the sixteenth of August to the

sixteenth of September. If you want to dry something then it is the best time to do so, since during this period the most intense light and heat of the Sun falls on earth. During this fifth sign of the zodiac the palm leaves remain under the Sun, a part of Milu's fathers annual preservation plan, to instill life in these palm leaves.

STEP 1: Click on the 'Register' Button at the top and make the payment. Once completed, you will get an email confirming the payment and you will get access to the platform within an hour.

STEP 2: For the log-in process, enter your registered email address only that you have used while registering.

STEP 3: The system will send an OTP to your registered email address. Once you have submitted the valid OTP and successfully logged in, you will be able to access all the content.

STEP 4: If you have already registered and yet are unable to login to the website then:

a. Ensure you are using your registered email address, without any extra space or characters. b. If you have recently bought the pass then please wait for at least 60 minutes for account activation c. Contact support team using our email festival at diorama.in

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Parallel Literature in Maithili and Videha Maithili Literature Movement

T.K. Oommen writes in the "Linguistic Diversity" Chapter of "Sociology", 1988, page 291, National Law School of India University/ Bar Council of India Trust book: "... the Maithili region is found to be economically and culturally dominated by Brahmins and if a separate Maithili State is formed they may easily get entrenched as the political elite also. This may not be to the liking and advantage of several other castes, the traditionally entrenched or currently ascendant castes. Therefore, in all possibility the latter groups may oppose the formation of a separate Maithili state although they also belong to the Maithili speech community. This type of opposition adversely affects the development of several languages."

T.K. Oomen further writes: "... even when a language is pronounced to be distinct from Hindi, it may be treated as a dialect of Hindi. For example, both Grierson who undertook the classic linguistic survey of India and S. K. Chatterjee, the national professor of linguistics, stated that Maithili is a distinct language. But yet it is

treated as a dialect of Hindi". (ibid, page 293)

Parallel Literature

The references to parallel literature are found in Vedas, where Narashanshi is referred to as parallel literature.

Parallel Literature in Maithili

The need for parallel literature in Maithili arose due to the constant onslaught on literature and dignity by the Public and Private Academies, for example, Maithili-Bhojpuri Akademi of Delhi, Maithili Akademi of Patna, Sahitya Akademi of Delhi, Nepal's Prajna Pratishthan, all of which are government Academies. In addition to these Academies, the onslaught on Maithili Literature and dignity was constantly done by the so-called literary associations which were recognised by the Sahitya Akademi and were the main tool for usurping all the literary space meant for this language. Besides these, the funding to these and other parochial associations and organisations led to the presentation of an interface in the name of Maithili, which was mediocre and non-representative.

VIDEHA MAITHILI LITERATURE MOVEMENT AND A PARALLEL HISTORY OF MAITHILI

LITERATURE

Therefore, the missing portions, the ignored and non-represented aspects of society, started to be chronicled. It led to the depiction marked by the richness of vocabulary and experiences and was a revolution in literature and art as far as people speaking Maithili are concerned. The quality now has not remained mediocre. The real power of the Maithili language was realised by the native speakers, mediocrity was replaced by excellence. This attempt at the writing of History of Parallel Literature for the Maithili Language arose as the mediocre agency (private and governmental) funded so-called mainstream literature, which has no readership, and no acceptance among the speakers of Maithili continued to be presented by these Akademies as representative literature. Literary journals like Museindia (www.museindia.com) were also used for their sinister design. The mediocre interface of Maithili literature was presented by the government radio and television stations also.

RAJDEO MANDAL- THE POET, THE NOVELIST

The constant shedding of Tears - Maithili poem by Sh. Rajdeo Mandal - from his anthology of poems "Ambara"

Out of the eyes of my beloved

tears like a river

always keep flowing

and in that water of tears

people plunge

some feel cold

and some feel hot

some say wow!

and some feel bad.

but my blind-deaf accomplice

does not care,

her tears always keep flowing

but after some time her tears stopped coming out

now perhaps she has emptied herself of tear

or

is she storing it !?

The verse is not a popular genre, but it is appreciated by a few. For a language like Sanskrit, the volunteers who are engaged in its popularisation, are using simple Sanskrit prose for it. They translate short stories and novels from other Indian languages into simple Sanskrit. Here the translation of the verse is barred as the verse is read by none. In a language, the number of speakers is so little that a need has been felt for organising camps for its spoken form, translation from verse into that language is considered a misuse of resources.

In Maithili, the situation has become grave. If we envisage a situation where there are no villages left, the number of speakers of this language would become almost NIL. People would speak in Maithili only in seminars and sittings. The need is already being felt for pronunciation and vocabulary enrichment classes even for the authors and singers of Maithili.

Then what is the purpose of writing verse in this language? What is the purpose and what is the need for

it? People write verse due to paucity of time, as the other genres require the devotion of more time. The situation becomes even more grave when people give the reason for writing verses in this way.

In this situation, the happenings of the neighbourhood, personal ambition, derogatory remarks about others; and the travelogue, all have become the subject matter of verse. But why not use prose for these kinds of subjects? The short stories are transformed into drama form to stage it. But what is the purpose of converting prose into a poem?

The answer is both obvious and simple for those who know the so-called dried main channel of Maithili literature. The readers of the converted poems are only the partisan-critiques. And writers of those great poems themselves throw eulogies on themselves as they have understood the call for self-sufficiency in this way. Why depend on others for it? They write long prefaces in prose and add it to their collection of verses, declaring their verses as great and path-breaking!

Who will understand the value of the creation of verse? The personal worldly experiences, if these are not allowed to percolate deep down, would not be able to

transform into great poems, even though those might be in rhythm. The spiritual and other-worldly thinking, howsoever non-concrete would still not be able to mesmerise, if that is not able to meet the worldly and make itself relevant, even though it is non-rhythmic or subscribes to a particular partisan grouping or uses crutches of ideology. The essential needs of man are food, clothes and housing. And after that the spiritual thinking and related needs. When Buddha asked this question to all those who were seen participating in the festivities, asked whether they know the eventuality of death and if they do, how can they participate in those festivities. Likewise, the modern Maithili poets, when they find the base of their language-culture and economics missing behind their feet, even then they refuse to accept that truth and then they try to insert the -isms to the national-international happenings into their poems, they want to create patronising literature for the depressed classes and the natives, they want to become a benefactor and so it fails to have a cutting-edge effect.

But when Rajdeo Mandal writes:

From the percolating drops of blood

The earth has become freshly-bathed

The bird then asks

Asks from its heart

In the incoming heavy and pitch-dark night

Would our species survive?

, then it goes into our blood and the blood starts running fast. The species of the poetics of the poet or the species of that bird? No nod of partisan critiques or a self-obsessed preface is required for this poem. No cartel or crutches of ideology are required for this creation.

So the poem needs excellence. It requires a base of language and culture. It does not need imported plots and subjects, which are imported to do favours to the poem. It also does not need the imported emotion, which would be a superficial attempt for searching for the disappearing language, and culture, which has gone missing; and during times of dwindling economy of the region.

A good poem can be written on any subject, it can be written on the anxiety of Buddha, regarding the future of mankind, for consoling the heart also otherwise

people will have to go to the pseudo-preachers, on and for the language, culture and economy otherwise we will soon have to start camps for Maithili. The transmigration of imagery is also required, otherwise, we will have to create an artificial atmosphere for the poet; for their poems, we will have to arrange stages, and a staging camp will have to be organised for their artificial vocabulary and ideology. And people would have to be trained for it. The poets of the so-called mainline of the dried drain are just doing that.

The rhythm and ups and downs of the Maithili language, the cultural and professional superiority of its proletariat brimming with confidence, having all kinds of professional and cultural skills, the superiority of its cooperative living style, cultural conservatism, polity, daily affairs, social values, morality, economic situation and adaptation amid flood-ravaged economy; the religion and philosophy all should be the subject of Maithili poem. And if that does not happen it would become one-sided, it will get entrenched after getting lopsided, would become dead, fit to be framed and put onto the wall.

To create poetry is a necessity, a literary urge for creation fulfilling this urge. When the people of Mithila

would go to the camps for learning the Maithili language, then can only we start questioning the need for writing poems and the purpose for creating all types of verse forms. Only then we should discuss the futility of writing poems in Maithili. And that day must not come, for the poets would have to remain alert. And so is Rajdeo Mandal and that is why "Ambara" a collection of the poem written by him has become the best collection of this genre in the first decade of the 21st Century. His collection of poems "Vasundhara" is the next step. The excellence of verse created by Rajdeo Mandal is because of its foundation, the foundation of language and culture. The excellence is because he does not have to import the contents of his subjects. He does not import emotions either, you will find none. The expressions of his imagery lie in the rich vocabulary that he possesses. Creating a poem is the only way left for Rajdeo Mandal. He has to create poems, it's a literary hunger and essentiality of his literary existence. The emotions are poured out in a spinning rhythm and become his poetry.

"Rahab Ahink Sang"- Will remain with you only - From "Ambara"

Crying, calling

My throat dried

The lips dried

As if I was thirsty

The corpses all around

Are laughing at me

Nobody is listening to my voice

Where has went

My society

It was necessary to break

The conservatism

Turning of direction

For the future

You all are yourself the Greats

Move forward and leave the squabbling

No interruption will be able to stop it

I have not done any big crime

Hey Respected you, come here

Do not get angry

I will not break any law henceforth

I will not bother any of you now-on

Keep your kingdom

I do not want the headgear, the throne

I will not change my colour anymore

I will be with you all only, peacefully.

RAJDEO MANDAL- THE FICTION WRITER

"Paro" of Nagarjun-Yatri, (notwithstanding the unanswered question of whether it was written originally in Maithili or was a translation from Hindi into Maithili by the author himself) did depict first-hand hand account of the dwindling culture of his Maithil Brahmin caste of contemporary times. He did depict the socio-cultural situation of the period. The novel "Hamar Tol" (My quarter of the village) by Rajdeo Mandal is a first-hand account of his "Dhanuk"

caste of Mithila and has been written in the settings of the socio-cultural situation that this caste is peculiarly placed in. He inserts everything in it, the belief, which is sometimes not rational; social reform, love, hate, hope as well as disappointment. There was a void after Lalit. The mainstream, as it is called, writers of the Maithili language got themselves into a maze due to their chosen subjects. The dark enveloped the literary scene wherein they found the exit tough, the going-on impossible.

The "Hamar Tol" of Rajdeo Mandal purifies the account of the second-hand account by Lalit in "Prithviputra"; and as a result, the parallel movement of the stream was able to take along the main course of literature and moved it forward and made it relevant.

The author, being a realistic writer, has been forced to make the ending a tragic one. He refuses to see some struggles or is not able to see those, or nobody can see these. But he gives details of those struggles too.

"Everyone left the scene in a hurry.

There began a fight between the Crow and the Myna. That fight remained unseen, only the tree saw it. And

the tree saw many more things, but yet the tree remained silent".

The complexity and perplexity of that silence could be refined and presented owing to the first-hand experiences of those unseen things by second-hand accounts. And that's why this novel has secured its position in the literary history of Maithili literature.

Five short stories by Rajdeo Mandal

Rajdeo Mandal adjudged the following five stories as the best of his short stories:

Rusal Bauwa (An Angry Boy)

Avak (Speechless)

Bechuak Suiter (A Sweater for Bechua)

Electionak Bhoot (The Ghost of Election)

and Rakhbar (The Village Guard).

The first one Rusal Bauwa (An Angry Boy) was written for the "82nd Sagar Raati Deep Jaray", a night-long short story recitation programme held every three months in the villages of Mithila, where the short-story

writers read their new and unpublished short stories. Another writer critically acclaims the read short stories and the process goes from evening to morning. This time it was decided that only children's literature (short stories) would be recited and this event was held in my village. The criticism of Rajdeo Mandal's short story was assigned to Narayani. Narayanji noted that this short story reminded him of Premchand's famous short-story Idgah. The story goes on like that. The son of Fekan is angry, he wants new clothes otherwise he won't go to the Durga Pooja fair. The son of Dhirendra Babu has new clothes. Dhirendra Babu is rich but Fekan is poor, but his son is much ahead of Amit, son of Dhirendra Babu in every respect, be it study or sports. A discussion ensues between Fekan and his wife, his wife accuses him of not fulfilling his responsibility even towards his son. His son listens to all these discussions and consoles his father.

Avak (Speechless) begins with some hilarious moments. Jitu reaches his in-law's house where his brother-in-law introduces him to his friend. This person seems to be part of the robber gang, and he saved his life.

Bechuak Suiter (A Sweater for Bechua) deals with

bonded labour, and poverty and hints at thinking along caste lines among the police force also. The boy at the teashop is a child labourer. It depicts entrenched corruption in the police force.

Electionak Bhoot (The Ghost of Election) is a commentary on the electoral process and democracy. The craft where the protagonist depicts a sequence of events, which turns out to be happening in his dream, is a wonderful treat.

Rakhbar (The Village Guard) is the story of Musba, the guard. His son gives a spear to his wife (Musba's daughter-in-law) and instructs her to pierce the body of Musba in case Musba quarrels with her. Musba, who is a terror outside is tamed inside his house. Then the wordplay extends to the story of Sumna who attacks him when he is behaving lecherously with her.

In all the stories you will find the use of words and contexts which is absent in mainstream literature. The vibrant life, the story of gloom, and cultural paraphernalia even amid poverty were never heard of before the parallel tradition storytellers came to the scene.

Issue No. 88 November-December 2019 of Muse India at http://museindia.com/Home/PastIssue displays Maithili literature in a very poor light. Moreover, it wrongly claims to be a representative review of Maithili Literature, whereas it was only in line with the Sahitya Akademi, Delhi; a mere representation of the so-called "dried main-drain". It is expected that Muse India will correct itself by announcing an issue exclusively devoted to the parallel tradition of Maithili literature.

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𑓒.𑓔.𑒩𑒥𑒲𑒢𑓂𑒠𑓂𑒩 𑒢𑒰𑒩𑒰𑒨𑒝 𑒧𑒱𑒬𑓂𑒩- 𑒧𑒱𑒟𑒱𑒪𑒰𑒏 𑒑𑒰𑒧

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𑓒.𑓖.𑒖𑒑𑒠𑒲𑒬 𑒣𑓂𑒩𑒮𑒰𑒠 𑒧𑒝𑓂𑒛𑒪- 𑒢𑒰𑒙𑒏 (𑒧𑒰𑒨𑒏 𑒠𑒳𑒪𑒰𑒩 𑒥𑒹𑒙𑒲)

𑓒.𑓗.𑒩𑒰𑒧𑒫𑒱𑒪𑒰𑒮 𑒮𑒰𑒯𑒳- 𑒪𑒐𑒳𑒏𑒟𑒰 (𑒥𑒹𑒙𑒲)-𑓑𑓖 𑒮𑒧𑒰𑒣𑓂𑒞

𑓒.𑓘.𑒢𑒢𑓂𑒠 𑒫𑒱𑒪𑒰𑒮 𑒩𑒰𑒨- 𑒖𑒲𑒫𑒢 (𑒏𑒟𑒰-𑓑𑓐)

𑓒.𑓙.𑒩𑒏𑓂𑒞𑒖𑒢𑒱𑒞 𑒩𑒼𑒑- 𑒧𑒡𑒳𑒧𑒹𑒯/ 𑒣𑒰𑒞𑒩𑒞𑒰/ 𑒧𑒱𑒑𑒹𑒢/ 𑒩𑒏𑓂𑒞𑒏𑒥𑒰𑒯
𑒩𑒏𑓂𑒞𑒧𑒹 𑒏𑒼𑒪𑒹𑒮𑓂𑒙𑓂𑒩𑒼𑒪/ 𑒩𑒏𑓂𑒞𑒏 𑒑𑓂𑒩𑒳𑒣 (Blood Group)/
𑒅𑒔𑓂𑒔 𑒩𑒏𑓂𑒞𑒔𑒰𑒣 (Hypertension)/
𑒋𑒢𑓂𑒙𑒲𑒁𑒏𑓂𑒮𑒲𑒛𑒹𑒢𑓂𑒙 (Antioxidant)/ 𑒣𑒰𑒔𑒢 𑒞𑒢𑓂𑒞𑓂𑒩 (Digestive System)/ 𑒑𑒻𑒮𑓂𑒙𑓂𑒩𑒼 𑒃𑒮𑒼𑒤𑒹𑒖𑒱𑒨𑒪 𑒩𑒱𑒤𑓂𑒪𑒏𑓂𑒮 𑒛𑒱𑒖𑒲𑒖 (GERD)

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𑒧𑒱𑒟𑒱𑒪𑒰𑒏 𑒣𑓂𑒩𑒞𑒱𑒧𑒰𑒧𑒰𑒩𑒰 𑒣𑒮𑒩

𑓒.𑓑𑓑.𑒢𑒰𑒩𑒰𑒨𑒝 𑒣𑓂𑒩𑒮𑒰𑒠 𑒞𑒥𑒱𑒧- 𑒏𑒫𑒱𑒞𑒰-𑒏𑒫𑒱𑒞𑒰-𑓒 𑒖𑒼 𑒏𑒯𑒪𑒰𑒯 𑒧𑒰𑒩𑒩𑒰
𑒧𑒱𑒟𑒱𑒪𑒰𑒏 𑒣𑓂𑒩𑒞𑒱𑒧𑒰𑒧𑒰𑒩𑒰 𑒣𑒮𑒩

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ཆནྡྲཱ་ཧཾ་སི་ཞུ་ན་ཀཱ་ལེ་ཁ་ནི་ཁ་ཤྭ་བ་པྲི་ལྭ་ཡི་ལྭ་ཆནྡྲཱ། །ཡཱྀ་ཁབ-
ནཱ་ན་ཐ་ཁ་ཡ་ནི་ཇཱ་ར་ཁ་བཱ་ལ་ཝ་ཙཱ་ཁ་པུ་ར་དཱ་ཁ་ཏི་པཱུཾ་ཞུ་ན་ཀཱ་ཡ་ཐྲ་ཀཾ།
ཤྲཱི་ཡ་ཐྲ་ཐྲི་ཙ་ལ་ནྡྲཱ་ཡེ་ཧཾ་ཡ་ཧྲ་ཀཱི་ཇ། །

པཾ་ཏ་ཇི་ཛཾ་ཤ་ཇཾ་ཁབ-ནཱ་ན་ཐ་ཝི་ཁ་ཧྲ་ར་ཇ་ལ་ཀྲི,།ཝཱ་ཏྲི་ཏྲཱི-ཀུ་ཤྲ་ཝི།
ཝ་ར་ན་པེ་ཌ-ན་ཟ་པ་ཇི་རི་ཀྲི་ཝཱ་ཤ་ཇྲི་ཤྭ་ལ་ཚེ་ཝ་ཁ་ཝི་ཤྭ་བ་ར་ཝི་ཐྲི་རི་ཧ།
ན་ཝ-ཞྭ་ཞྲ་ཙ་ཝཱྀ་ཀྲི་ཧཾ་ཤ་ཇཾ་ཀཾ་ཡ་ཐྲ་ཀ་ལ-ཡུ་བ་ཌྷ་ཁ་ཤ་ཏྲི་ཀཱ་ར་ཡཱ་ཧཿ
ཐྲི་ཞེ་དྲ་ཤི་ཧ་ཤ་ཀི,།ཡེ་ཀཱ་ར་ཀཱ་ན་ན་ཁ་ཤྭ་ལུ་ཚ་པཾ་ཛ་ན་ཧ་ཝ་ཐྲི་རེ་ཧ།
ཤ་ཀི། །

ཏུ་ལ།༢༠༧༥།ཝི།ཡུ་ཀཱ་ཐྲི་ཧ་ཐྲི་ལ་ཀཱ་ར་ཀཱ་ན་ན་དྲི་ཁ་ར་ཤྭ་ལུ་ཚ་ཁ།
པཾ་ཏ། །

༢༠༧༨་ཁ་ཡཱ་ཇི་ཧྲ་ཤ་ཀཱ་ལྲི་ཤ་ཞུ་ཝཱ་ཡུ་ར་ཡཱ་ར་ཀཱ་ར་ཀཱ་ན་ན་དྲི་ཁཾ།
ཇི་ཏྲཱི་ཁ་ཝི་ཧ་པཾ་ཏ་ཇ "ཤ་ཀཱ་ལ་ཝཾ་ཡཱ་ར་ཡ"། (ལི་ཚ་ཁ- ཀཱ་ར་ན་ཙ།
པཾ་ཇ) ཁ་ཝི་ཙ་ལྲི་ཤ་ཞུ་ཝཱ་པ་རཱ་ལ་ཏ་ལ། །ཤྭ་ཝ་ཤ་ཇྷཾ། པ་ཇི་ཝི་ཇ་ལ་ཧྲ།
ཝ་ཧྲ་ཤུ་ཛ་ཁི་ཤི་ཇ་ན་ལི་ཁ་ཤ་ཀཱི་ཛ་ཇི་ཏྲཱི་ཁ་ཁ་ཝི་ཧ་པཾ་ཏ་ཇ་ཝི་པ་ཀྲི།
པ་ཁཱི་ཤི་ཤྭ་ཡ་ཤེ་ཁ་ཧྲ་ཝི་ཙ་ལྲི་ཤ་ཞུ་ཝཱ་ཁ་ཚ་ཏ་ཧ་ཀཱི? ཤྭ་ཤི་ཝི།
ཀཱ་ར་ཀཱ་ན་ན་ཀཾ་ཤ་ཞུ་ཝཱ་ཤ་ཡ་ཤི་ན་ལ་ཌ་ཤྭ་ཡུ་ར་ཡཱ་ར, ཛ་ཝ་ལ་ཚ་ཤྱཱ།
ཐྲ་ལ་ཐྲི་ཡ་ཤི་ཇ་ཝི། །ཀཱ་ར་ཛ་ར་ལ་ཧྲ་ཛ་ཏྲི། (༢༠༧༨) ཝི་ཀཱ་ར།
ཀཱ་ན་ན་ཝི་པ་ཧྲ་ཆ་ཙ,།ཝ་ཛ་ར (༢༠༢༧) ཝི་ཁ་ཝི་ཤྭ་ལུ་ཚ་ཝི་ཤ་ཀི། །

ལྭཱ་ཐྲི་ཛ (༢༠༢༢) ཝི་ཀཱ་ར་ཀཱ་ན་ན་ཝི་ཁ-ཁ་ཝ་ར་ཝི་ར་པཾ་ཧ།
ལི་ཚ་ཝི་ཆ་ཙ- ལྭཱ་ཤི་ཀྲ་ཧྲ་ཞྲ་ཐྲི་ཀཱ་ཧྲ་པཾ་ཧ་ཤ་ཤི་ཝི་ཝི་ཤ་ཀི,།ཁཱི་ཤ?

ཤྭ་ཝ། "ཏུ་ལ" །ཡུ་པ་ཐྲ་ཡ་ཁ་ཡ། །ཡ་ཇི་ཧྲ་ཤ་ཀཱ་ལྲི་ཀཱ་ཁི་ལ་ཁ། །

༢༠༡༨-༢༠༢༠།ལེ།པྲ་ཀྲུ་བྲི་ད་ར་ཙནྡྲ་ཀེཾ་ཕཱུ་ཤི་ཏཱ་ཡ་ཀྲཱ་ལྐཱི་པུ་ར་སྐཱ་ར།
༢༠༢༢་ལེ་ལ་ཛ་ཡེ་ད།།ལྐེ་ཞ་གུ་ལཱ་ར་པཱཾ་ནྐ་ཞ་ར།།

ལྐེ་ཞ་གུ་ལ་ཀ་ཐཱུ་ཐྲི་ཀྲ་རྟི་ཡཱུ་ལུ་ཁ་ལི་ཁ་ཞི་ཛུ་རཀེཾ་ཕཱུ་ཤི་ཏཱ་ཡ་ཀྲཱ་ལྐཱ།
ཡ་ཤུ་ནྐ།།པུ་ར་སྐཱ་ར་ཡཱུ་གུ་ལཱ་ར་པཱཾ་ནྐ་ཞ་ར།།

ཏཱཾ་གུ་ལ་ཀ་ཡཱུ་ལུ་ཁ་ཐྲི་ཀ་ལི་ལཱཾ་ཁ་ཆལ? ཞྒ་རྟི་ཏཱཾ་པ་ཡ་ཞ་བི་ཡེ།།

གུ་ལ་ཀ་ཡཱུ་ལུ་ཁ་ལེ་ཡཱུ་ར་ཁ་ཞུ་ད་རྐ་པ་ཀསྟྲྭ་ཞ་ཟ་ཡ་ཀེ།།

'བི་ལ་ཁ་ཡ་ཤྐ་པ་ཁ་ཇ་ཤ་ལི་ཙྐ', ལྐུ་ལ་རྐ་རྐ་ཀ་པ་ཤྐ་ཀཾ་ཡེ་ར་ཟ་ལ་ཀེ, བ།
ཀྐ་ར་ཀྐ་ཤ་ཤ་ཀཾ་བི་ཞ་ར་ཟ་ལ་ཀེ་སྡི།། ལྐུ་ཡ་ཁ་ཞ་ཙ་ཏཱཾ་ཕཱུ་ཤི་ཏི་ཀ་ཛྲཱ་བྷ།
ཆལ།།

ལྐུ་ཛྱོ་ཏི་རཱི་ཤྭ་ར-པཱུ་རྦ་བི་དྱཱ་པ་ཏི། པཾ་ཐྲི་ད་ཡཱུ་ཡ་ཁ་ཞ་ཙ་ཀ་བི་དྱཱ་པ་ཏི་ཁ་ཛྲ་ར་སཱཾ།
རྟྲི་ཤྐ་ཀ་ཏི།།པ་སྐྲ་ཁ་ད་བི་སྐྲ་ཤ་ལ་ཀ་ཤྐ་ར་ཀྲ་པྲ་ཀ་རྟི་ལ་ཤི།
ཛྲ་ཀུ་ར་ཀ་པུ་ཏ།།པ་ལྐ་ཤྐ་ར་བ་ར་ལྐ་ཀ་བི་དྱཱ་པ་ཏི་ཤྐ་ཆ་ལེ་བི་དྱཱ་པ་ཏི།
བྐ་ཁ་ལྐི་ཀ།༺ཛྱོ་ཏི་རཱི་ཤྭ་རཾ་པཱུ་རྦཾ༻ཞྭེ་ཏཱུ-ཡ་རྟི་ཤ་ཡ་ཞ་ཡེ་ད་ཡ་ཀེ།།
ཛྱོ་ཏི་རཱི་ཤྭ་ར་པཱུ་རྦ་བི་དྱཱ་པ་ཏི་ཀ་ཞ་ཁ་ར་ཅ-ཀ་སྣཱི་ར་ཀ་ཡ་རྟི་ཤ་ཁ་གུ་པཱ༺ཤ་ལ།
ཤྐ་རྟི་ཀ་ཡ་ཤྐ་ཡཱུ་ཡེ་ཤ་ར་ཞ་ལ་ཤྐ་རྟི་ཀ་པཱུ་ར་སྐཱ༻-ཞུ་ཤྐ།"ཡེ་ཤྭ་ར།
པུ་རྟུ་ཤྐ་རྟྲ-ཞི་ཤྐ་རྟི་རྟི" ལ་ཡ་བི་དྱཱ་པ་ཏི་ཀ་ཡཱུ་ལཱུ་ཁ་ཀ་ར་ཀེ་ཏི།།ཛྱོ་ཏི་ཀུ་ར།
རྐ་པ་ཀ་པུ་རྟི་ཀ་ཙྐ་ལྐི་ད༺ར་ཤྐ་རྟཱ༡༡་ཁ་ར་ཞ་རྟི་༡༡༢༠༨, ཀྲྭ།
ལ་ཅུ་ཀྐ་ལྐི་ཤ་ལི་ཏི་ལྐ, ཞ་ཇ་ཡ་གུ་ལྐ་ར་ཛྲ་ཀུ་ར༻-ཧྲི་ཏུ་ར་ཀྐ་པ་བི་དྱཱ་པ་ཏི་ཀ།
པཱུཾ་ཤ་རྐ་པ།།ཡུ་ཅུ་ད་ཀེ་ཤ་ཀེ་ཏི་ཇེ་བི་དྱཱ་པ་ཏི་ཀ་པ་ཁ་ལྐི་ཀ་ཛྲཱ་བྷ་ཀྐི།།
"རྟ་ཁ་ཤ་ལྐ་ལ་ད་ཀ་ར་བ་ར་ཤུ་པ་རྟུ་ཞ་ཤ་རྟུ་ཞི་ལ་ཙུ་ཀ་ར།
ཞི་ལྐུ་པ།།" ཡྐ "ལྐུ་ཤྐ་ལྐུ་ལུ་ཀུ་ལ་ཀ་ད་ཡ་ལ་ཀ་རཤྐ"།ཛྱོ་ཏི་རཱི་ཤྭ་ར།
༺༡༢༧༤-༡༣༥༠༻།ཝརྞ་རཏྣཱ་ཀ་ར-།།ཡ་ཞ་བི་དྱཱ་པ་ཏི་ཁ་ཤྐ་ཁ་རྟུ་ཤྐ།།

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༄ལཐི་ཌྷཱ།།ཏཱི།ཏཱི་ཁཛི།!།ཐྲཱ་ལཱི་ཊ་ཀཾ།ཡཱུ་ཏྲུ་ཝ་ར།།ཙཾ་ག་ཧྲི་ཪི་ཉ་ཀེ་ལཱ་ཐི།
ཡེ་ར་ཛི་ཊ་ལཱུ་སྨ་ར།ཡཱུ་ཡ་ར།ཐ་ཁ་པི་ཡཱ་ཀཾ་ཁི་རྣ་ཏཱི།།

ཡི་ཧྲ་ཊ་ཁཱ་པི་ཧྲ་ཁཛི་ཉ་ས་ཀེ་ཊ་ཁཛི་ག་ཛ་ལ་ཧྣཱ་པ་ཀེ་ཉ་ཡ་ཀེ།།
ཡཾ་ཧ་ཉཱ་ལཱི་ཡུ་པ་སྟཱ་ར་ག་ཁཱ།།སྟཱ་ཉུ་ཝ་སྐཱ་ཧྲ་ར་ཡཱུ་ཝི་ཏི་ལི།།ཧྣ་ཁ།
ཝ་ཙ་ལི་སྟཱ་ཉུ་ཀཾ།།ཀེ་ཀྲུ་ཁཛི་ཐྲི་ལི།།ཁྲཱི་ཧྣཱི་ག་ཡ་ཉཱ་ལཱི་སྟཱ་ཉུ་ཝ་སྐཱ།
ཀཾ་ཝ་ཐཱ་ཀེ་ཁ་ཀ་ལཱ་ཐི་ཡི་པི་ཧྲ་ཧྣ་ལྦཱ་ཀེ་ལི་ག།།པ་ཐ་ལཱ་ལ་ལཱ་ཡཱ་ཝ།
ར་ཡ-།ཡ་ཐ་ས་ཏི་ལི།།ཏཱ་ལ་ཡྀཾ་ཉ་ཐ་ས་ཏི་ལ་ཀ་ལ།།ཡི་སྐཱ་ལ་ལཱི་ཝ་ཝ་སྨཱ།
ཐི་ག་ར་ཛ་ག་སྟཱ་ཛྙཱ།།པཱ་མ-པ་ཡ་ཡཱི་པ་ར་ཀྲ་ཡཱ་ཁ།།ཁཱ་ག་སྟཱ་ཛྙཱ།།
ཐ་ཁ་པི་ཡཱ་པ་ཐ་པ་ཉ་རྒཱ་ར་ཛ་ག་སྟཱ་ཛྙཱ།།ཀེ་ཡཱ་ག་ཉ་ས་ཧྲཱ་ར་ཉ་ཀཾ་ཐ་ཝི་ཀྲུ་ཀེ།
ཁི་ལྦཱ་ཊ་ཡེ་ག་ར་ཡི་སྐཱ་ལ་ཀཾ་ག་སྐཱ་ལཱི་ཐ་ས་ར་ཛ་ལ་ཀེ།།

།པཱི།ཁ་ཧ་རི་ཡི་ཧྲ་ཊ་ཁཱ་ཏཱ་ལ་ག་ཡཱུ་ཀཱ་ཁཱ་ལཱི་ཀེ་ལཱུ་ཛ་ལ་ཀེ་ཁ་ར་ཛ་ལི།།
པཾ་ཙ་ཡཱ་ཝ་ཏཱ་ལ་ཡྀཾ་ཉ་ཐ་ས་ཏི་ལ་ཀེ།།ཡ་ཛི་ཁཱ་ཙ་ག-ཙ་ཉ་ཛ་ཀེ།།
པ་ཐ་ལི་ག་ཁི་ཧྣ་ཁ་ག་ཊ་ཁྲཱི་ལཱི་ལཱུ་ཏི་ཏི་ལ་ཀ་ཐི།།ཡ་ག་ཛ་ཁཱ་ལཱུ་པ་ཡཱུ་ཝི།
ཏི་ལི།།ཧྣ་ཁ་ག་ཝེ་ཉ་ལཱི་ཁ་ཝ་ཡུ་ཐི་ཁ་ཨ་ཀྲཱུ་ཧྲི་ཧྲ་ཉ་ཁི་ག་ས་ཧྲཱ་ཊཾ།
ཧྣ་ཁ་ག་ཡཱུཾ་ཉ།ཝི་ལཱི་ཁྲཱི་ག་ལཱུ་ཏི་ར་ཛ་ལ་ཀེ།ཪི།ལཱི་ཧྣ་ཁ་ག་ཁྲཱི་ཪི་པཱ།
ཨ་ཀྲཱུ་ཙ་ལཱི་ག་ར་ཛ་ལ་ཀེ།།

ཧྣ་ཁ་ག་ཊ་ཁི་ཛྙ་ར་ཁཛི་ཐྲི་ཊ་ར་ཛ་ལ་ཀེ་ཡཱུ་ཝ།།པ་ཐ་ག་ཧྲ་ར་ཡ་ཐཱ་པཾ།
ཐ་ར་ལ་ཀེ།།ཏ་ཧྣཱ་ཝ་ཀཾ་ཧྲ་ར་ཡ་ཐཱ་པཾ་ཐ་ར་ལ་ཀེ།།ཧྣཱ་ཁ་ཁ་ཡུ་ཀཱ་ཁ།
པ་ར་ཝི་ལཱི་ཙ་ར-ཏ་ཀྲཱུཾ་ཐྲི་ཊ་ར་ཛ་ལ་ཀེ་ཡཱུ་ཝ།།ཡཱུ་ཝ་ག་ག་རེ་པ་ཊ་ག།
ཙཱུཾ་ཁཛི་རཛི་ཏི་ལི་ག།།ཁཛ་ར་པཾ།།པ་ཛ་ཧྣ་ར་ཧྣ་ཀྲཱ་ཡཱུ་ཝ་ཧྣ་ཡ་ཉ་ཀེ,།
ཉ་ས།ཡཱུ་ཝ་ཀེ་ཁ་ཏྲ།ཉ་ག་ལཱི་མ་ཁཛི་ར་ཛི་ཏ་ཧྣ་ཝ་ཀཾ།།ཡུ་ཧྣ་ཁ་ཡྀཾ་ཧྣ།
ཡཱུ་ཁཱ་པ་ཡེ་ཨ་ཁཱ་པཾ་ཧྲ་ར་ཡཱུ་ཡ་རེ་ཁྲཱི་སྟཱ་ལ་ཡ་ཝ་ཁི་ར་ཛ་ལ་ཀེ།།ཏ་ཧྣཱ་ཝ།

ཐུཕྱོ་བ་དྲི་ཕྱལ་དྲུ་ལོཾ་ཡུ་ཡོཾས་དྲི་ཆར་ཆཞི།།ཏུལ་ཀ་ཕྲི་ཀྲ་ལེ་བཧྲ་ཀ།
ཝི་ཐྲཱི་ལེལ་དྲི་དྲ་ཝ་ཡཾ་ལྫཏལ་རཛཧ་ཆཞི།།ལེ་དྲེ་ག་ཡུཡུལ་ཡོཾཙར།
ཀཾ་ཕྲི་ཐྲི་ཀར་ཧི་ཡུདྲི་ཀར་ཝ་ལེ་ལྱ།།ཀེརཧ་ཆཞི་ཐྲ།།ཀྲྀ-ཧྲ་ཝ་ལེ།
དྲ་ཇེ་ལེ་ཝ་རཛཧ་ཆཞི།།ལེ་དྲེ་ག་ཡུཡུལ་ཡོཾཙར་ཀཾ་བདྲི་ཀྲ་ལེ།
ཡུཀར་བུཕྲི་ཀྲ་ལེ་བཻ་དྲམ་སྤྲིཛ་ཐར་sབཻཧ་ཀེ།།ཡེཀར་ཡཐྲམ།
ཟར་བར་ཛ་དྲུདྲི་ཀེ,།ཝཛེཧཾ་ཀྲཔྲི་བིཾཏ་ཐsམཀཧ་ཀེ།།ཕྲི་ཀྲ་ཀཾ།
ཀྲཧ་ལེ་ཡབ་ཝ་བམ་ཀྲི་ལྐྲ་མལཡ།།ཝི་ཛྙར་མཐ་ཀཾ'།ཨཾཏིརཝ།'རཻ།
རཛཧ།།ཏུལ་ཀ་ཕྲི་ཀྲ་ལེ་བཧྲ་ཀ།།དྲུཕྲ་ཀེཝི་ཛྙར་མཐ་ལེཀ་ཝི་ཀ།
ཛཐཝ།།ལ་དྲ་ཡུ།།

ཝཾ།།ཀྲ་ཀཾ་ཡཔྲི་ལ་ཀྲི་ཡཾ་ཏུལ་ཀ་ཝི་ཀྲ་མ་ཐ་རཛལ་ཀེ།།མལཛམ།
ལཛྙ་དྲ་ཛ་ཀཾ་ཏཛབར་ཀཾ་བཀྲ་ཟར་བཝ་ཀs།ཐྲྀ་དྲུ་མ་ཡཾ་ཆཛར།
ཝ་ལྷྲི་ལ་ཏེལི།།ཡཤི་ཏཛབར་ཀཾ་ཝིཝ་ལྫ་ཞི་ཐྲི་ར་ཝི་ཀྲཧ་དྲ་ཡ།'
ཝྲི་སྤྲ།'དྲི།།ཡེ་བཻ་ཝྲི་ཀ་ཀཐྲཝ་ཐཀ་ཆཞི།།ཏུལ་ཀ་ལེཛལ་ཀཾ།
ཝྲི་ཀ་ཀར་ཝ་ལེ།ཛྙ་ཤི་ཀ་ཧྲ་ཝ་ཀཾ་ཡུཛྙ་ར་ཀེ་ཝ་ཛ་དྲུདྲི་ཛེཡཧ་ཀེ།།
ཤི་ལྫཝ་ཀsཤི་ལྫཏལ་ཆཞི།ཛྙ་ཤི་ཀ་ཧྲ་ཝ་ཀཾ་ཐྲི་ཀཐ་ཀར་ཝ་ལེ།།
བརཛལ་ཝཝ་ཧྲ་ཝ་ལེ་ཀྲི་ཛྷ་ཡུཛྷ་ལྟི་ཨཾབ་ཀར་ཝི་སྒྲ་ཤེ་ཀ་ལྫཞི།།
ཏུལ་ཀ་ཡུཀར་ལེ་ཐྲི་ཐྲི།108།ཝཝ་ཝྲི་ལ་ཀཾཐ་ལཛྙ་བ་ཀཾ་ལེར།
ཝི་སྒྲ་ལེ་ཛུཝ་ཀར་མཛཡཏ་རཛལ་ཐྲ།།ཏུལ་ཀ་བུཕྲ་ཀྲལཡཀ།
ཡྲཛ-མདྲ་ཀེར་ལེལ་ཤེ་ཀྲི་ཀྲ་དྲུཝྲི།།ཝ་ཀེ་ལྫཞི།།
-ཕིཧཪ་ཀྲུལྫར་དྲ་ཡ།'བཆཛྙ', ཟལ-ཨཾཏིརཝ

༄༅ཨཾཏིརཝ་ཡུབཐམཀ་བཛིལཡཾ་ཡཧལ་བྱབ་ཡཐཀཀ་བྲུཝི་ཛྙ་ལེལ།
ཝྲི་ཐྲཱི་ལ་དྲ་རཛལ་ཡཀཱི།།-མཐྲ་ཀ།།༄༅

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ཡིཏྣམ-ཚཏྣམ།ཇདྣ་རོ།།ཝs།པའཝྲི།།

ཡི།'ཡཾཏིརཱ'།ཏྲཝ།ཀེཡི།།ཏཏྣཝཀ།ཏྲཝ།ཝྲུཏྣརོ།ཡཱལྷ།ཏྲཝ།།
ཏྣལྷ།པཾཀྵཏྣ།ཝེ།'ལྷཤྲི'།ཀཾ།ལཝ།ཝེཀྲ།ཌྲརཀཾ།ཏྣཡ།ཚལེ།ཏེལྲི།
ཡཀེ།།ཏཏྣཝཀ།ཏྣཡཀ།ཀཡཱཛུ།ཝེཝ།ཡཇེ།།ཝེཏྣ།ཏྣ།ཏྣཔཀྲི།
པཚེར།ཝེཡྲི།ཏྣཝཇཏྣ།ཝེ།པཚེར།ཝེ།'ལྷཤྲི'།ཚཡཀ།ཡིཚྣ།པཾ།ཇེཝཀs།
ཡཡི།པཱར།པཾ།།མར།པཱར།ཇཡཀ།ཏྲཝ།ཝེ།ཏྣཡ།ཏལྷ།།ལྷཟི།།

ཚཡཱཏྣ-ཝྲུརཇྲི-ལྷཤྲི།ཚཡཀ།མཏྣ།ཝྲིརཝྲི།ཇུཡ།ཀྲ།ཡཱ།ཏཏྣཝ།
ཇཡཀ།མཏྣ།?།'ཡཾཏིརཱ'།ཝེཝ།ཏྣམ།ཡཔཏྣཀྵ།ཀཾ།པཚྣ།ལེཡ།ཚཟི།།
ཏྲཝཀ།ཡིཀཏྣ།ཡཡི།ལྷཝལྷ།ཝེ།ཝཇཱ།ཡཀེ།།

ཝལྷཡཱཇྲ།ཡཱཡྲ།པར།པཾཏྣ།ཝེ།ཀཱེ།མཟྲ།ཟྲཝ།རཇཏྣཀེ།;།ཡཱཡརོ།ར།
ཏྣཏྣ།ཛྷརོ།ཟྲཝ།རཇཏྣཀེ།།ཀེཀྲ།ཝཇཡ།ཀཇཀ།ཡཇཡ།ཝཡ།
རཇཝ།ཀེ།ཡཛྷཡཀ།ཀཝཝ།ལཏ།ཝལྷ།པརོ།ར།ཏྣཏྣ།ཝེ།།

'ཡཾཏིརཱ'།ཏྲཝཀ།ཟྲཝེཛྲ།ཝྲིཡ།ཚཀ།པར།ཝཡཏྣ།ཡཀེ།།ཏྲཝཀ།
ཡཱཡར།པཾ།ཚཡཏྣཀཝེཀྲམཀ།ཡཇཡ།ཝྲིཡ།ཚཀ།པར།ལེཚེཏྣ།ཡཀེ།།
ཝཝྲིཀ!།ཟྲར།ཏྣམཝྲིཀ-།'མལྷཾ།ཀཱེ།ཟྲཏི།ཏེལི།མལྷཾ།ཀཱེ།པཾཏ'།
ཡིཝེཀྲམཀ།ཡཇཡ།ཀེཡི།།

༄༅ཏྣམར།ཚཔ༄༅

"ལཝ།ལྷཡ།པྲཝ།ཇེཡཏྣ།ཀེ།ཀེ།ཛྷར།?"
"ཇཝཏྣ།པ།ཡཇེ།ཝྲཏྣཝ།ཡཀེ།།"

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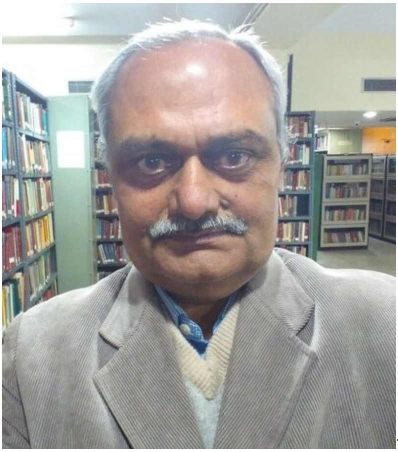
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[illegible] A short History of Maithili Literature and the influence of English on it [illegible]

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"I was happy to inaugurate yesterday the Maithili Book exhibition and to see the large collection of books and manuscripts in Maithili. This demonstrates that Maithili

has been for a long time and is today a living language among the people of that area. The language deserves encouragement." [illegible]

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ཤཧེ་ཨི་ལུཾ་ཀཝལཀཱ་ཤྲཱུ་ཤཧེ་ཨུ་ཨཱ་ཉཱ་ཨཱཧ།།ཇལ་སྐྲཱུ་ཇཧ་ཀྱི་ཧ།
སྐྲཱི་ཀ་ལྕྲཱ་རྦྲུ་ཀྵཱ་ཤཱ་ཡཤཱ་ཀཨཱ་ཨབཤ་ཀྵཧྱཾ་ལི་ཡེ་ཀྵརལུཤ་རཇཙི་ཨཱ།
ཇེཉྭ་ཧཀརཔཛཀ་ཤྲི་ཚལཱ་ལ ཀྲ་ལཧྱཀ་ཀྵུབལཱ་སྐྲུཤྲི་ཧ་ཇཨཱཨཱ།།"

ལྐྲཱ་བྲྲཱ་བཱི་ -ལི་ཀ་ཤྲི་ཀྲཱ།།ལུཾ་ཡ་སྐྲཀ་ཚིཾ་ཧཤ,ལཤཤཀ་ཤྲཱ།
ཡྲྀཧ་ཨཀེ།།ཨཱ་ཀེཤཡེར་ཡཀཾ་ལི་ལིཀ་ཀྵུབཾ་ཤྲཱུ་མཀེཧ།
ཨཀེ,ཨཇབར་ཨབཤ་པུཾ་སྲུ་ཡེ་སྤྲར་ཀྵཙི་མཀེཧ་ཨཀེ།།ལྐྲཱ་བྲཱ་བཱི།
སྐྲཙ་ལི་ཀ་ཤྲི་ཀྲཱ་ཨེ་ཛཧཱ་ཧཾ་ཡ་སྐྲཀེ་ཡེ་ཧྲཀ་ཀྲལཧ་ཡེ་སྤྲ་སྐྲ་ཁར་ཀེཨཧ།།
ཨཱཨཇ་ཀྲ་རཏཀ་ཀལཧ་ཧཡཀྲཀྵཤྲཱུ་སྐྲཙ་ལི་ཀ་ཤྲི་ཀྲཀ་ལྲུ་ཀྲལ།
ལི་ཙ་ལྲི་ཡཤཤཀ་ཇྲུ་ཨཱཧཀ་པཾ་སྒྲ་ཀཱི་རཧ་རཇལྲཇ།།

ལི་ཙ་ལྲི་བྲཱ་བྲྲཱ་ཡ་སྐྲཀེཾ་སྐྲཙ་ལི་ཀ་ཤྲི་ཀྲ་ལི་ཙ་ལྲི་ལི་ཨྲུ་ཀྲིཀ་ཧཇ།
ལལཨཱ་ཧྐྲ་ལྲིཤ་ཀྵཧམར་ཀྲརཀ་ཨཱྲུ་སྲིཤ་ཧཀ་ཡེ་ཀྲ་ཀྲུ་ཨཱ་ཡྲལཡ་ཀྲི།
པཚྲཾ་ཚི་ཀཱ་ལྲཇ།།

ཧཡཀྲཀྵ་ལི་ཙྲ་ཡཤལ་ཀྵཧམར་ཀྲར་ཡེཇྲར་ILAWSPAT-
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ཧཡཀྲཀྵ་ལི་ཙྲ་ཡཤལ་ཀྵཧམར་ཀྲར་ཡེཇྲར་ཀ་ལྲུ་ལི་ལྲུ་ལ།
ཤཀྲ་ཨཱི་ཧ་ལྲཤཤྲ་ཡཨཱུ་སྐྲ་ཨྲུ་ཡྲལཡ་པཨཤཀ་ཧྐྲ་ལྲིཤ་ཨཱུཨྲ།
ཨྲ་ཡྲྀ་ཤ་ཨྲ་ཡལྲུ་ཧི་རཡེཨམ་ཀྲཡཤ་ཨཱ་ཨྲ་ཡལྲུ་ཧི་ཨཱར་ཨཤ་སྐྲཀ།
ལྲིབ་ཀཇལཙ་ཧ་ཀྵཧམར་ཀྲར་ཀྵཧབྲྲ་ཀྵཧེ་བྲྲ་ཨཱ་ལྐྲཱ་བྲྲཀ།
ཡྲཱ་ཀེཾ་ཤཇ་ཤྲུ་ཧྲཱ་ལྲཡ་རཇལ་ཨཀེ།།པཾཡེ་ཀྲཤཀ་ཨཱུཤཱ་སྐྲ།།

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ཕཾ། ༢ྃ:

1.ཛཡཀྲཐ།ཛཡཀྲིཀྲ-ཕཾཔྱ།ག-ཤྲཱི།ཁེཝིཐ།ཏྲྒ

2.ཡིཥིཡཱི།པྲཇི༽ཀ།ཤྱཱིཧྲིཇྱཔ-ལཁཀ།༼.།ཛཡཀྲཐཡིཥ

3.Jaykant Mishra-Selected writings on Maithili Literature

4.Blog of Dr Dhanakar Thakur

5.Jaykant Mishra Jayakant Mishra - Wikipedia

https://en.wikipedia.org/wiki/Jayakant_Mishra

6. anadianant.uk

https://anadianant.uk/

ཡཔཝ།ཡཾཧྲ editorial.staff.videha@gmail.com པཀ།པརྐྱ།།

༢.ཁྲེཀཀཝ།།ཛཝཀཔྲི-།པཡཡཀ།ཀཛྷ



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ཤཇར་ཀཱ།ཤཱཤ-པུཤཱཤཱ།ཡཙཤ།ཀཱཤིཡ།ཡ།ཧྲི།ལཇཱི།ཙཡ།རཇཡ།
ཡཆི།།

ཛཇིཤཱ།ཤཱལ-ཝ ཌྷ།ཝ ཆཱ།ཤཱལ-ཝྲི།ལཡ།ལཧ།ཀཧ།ཡཔྲཤ།པིརཤཱར། ཌྷརཱ།
ཤཱ ཆ།ཡབཤ།ཧྲིཝཤ། ཀྲཱརཁ།ཀཱརཱ།ཤྲཱཱི།པཱཤིཙ།ལཤིཡ།ཏཇིཤཱ།པྲཆིཏ།
ཀྲཱཡ།པཇ།པཱཙ།ལིལིཤ།།ཡིཙཤ།ཡཱཤ།ཤཇི།ཝྲཧ།ཝ།ཛི།ཤཱཏ-བཏཀ།
ཤཱ ཆ།ཡིཇཤ།།ར།བཱྲི།ཀཱཤཱ།ལཧ།ལིལཀཱ།ཛི།ཀཱཛཀཱ།ཡཧྐ།ཤཱ།ཝཱཤཱབར།
།ཡ།ཤཱཏལ།ཡཱ།ཝཤཱཀཱཾ།ཡཱཤཱར།ཀྲཱཏ།ཀཱཤཱཀ།ཤཱཤཱ།།ལཀ།།ཛཇིཤཱ།ཤཱལ།
ལཤཀ།ཧྲིཝཤ།ཡབཤ།།ཤཱཡཱཾ།།ཙ།ཡཱཝལ།བཱྲི།ཀཱརཡ།ཏཇིཤཱ།པྲཆིཏ།
ཀྲཱཡཀཱཾ།པཇ།ཤཱལིཤ།།ཡིཤཱ,།ཧྲིཝཤཀཱ།པཾཏ།ཡཱཝལ།ཀཱཏ།ཝྲཊཝ།
ཀཱརཡ།ཡཱ།ཀཱཏ།ལིཤཱཤ།ཇིཡཏ།ཡཔྲཤ།རཀྲཱ།པཡཾ།ཀཱརཏ།ཡབཤ།
ཧྲིཝཤཀཱཾ།པཾ།ཆཱཤིཡ།ལཤིཡ།།ཡིཙཤ།ཡིཀཤཱ།ཝཱ།ཆཱར།ཡཱར།ཡཆི,།ཡི།
ཡཆི།ཡཱཧ།ཆཱཀ།ཀྲཱ,།ཀཱཡ།ཤ།ཡཇྲལ།ཀྲཱཤཱ།ཆཀྲཱ།ཇིཤིཡ།།
ཛཙཤ།ཤཱཧྲཱར་ཀཱ།མཧ།ཡཾཏཀ།པྲཱ ཧྲཱར།བཁ།ཝྲཡ།ལཏལ།ཡཆི།ཏཙཤ།
ཡཱཝཀ།ཀཱཡཤ།ཇིཡཡ?།ཀཱཡཤ།ལཀ།ཝྲཱཧྲཱཝ།ཆཱ་ལཡ།ཤཱཏལ།
རཇཏ།།ཝྲཱཧྲཱ-ཝ།ཆཱཡཾ།ཤཝ།ཆཱརལ།ཡིཀཱ།ཕབཀྲཱ།ཡིཏ།ཡཱ།ཡི།ལིལ-
ཛཱལལ།ཝ ཆཱར་ཌྷ། ཀྲཀ།ཕྲབལ།པཱ།ཤཇིཀ།ཝ ཆཱར།པྲཤཇིཏ།ཇཡིཏ།།
ཡཙཤ།ཏཀ།ལིཟ།ཤཱཀ།ཀཱ།པཤ-པིཤཱརལ།ཤཇར-ཤཱཛར།ཧྲཱ།ཤཀཱ།
ཀཱརཀ། ཀྲཱརཁཀ།ཛཱ།ཤཡ།ཧྲཱལ།ཇལ།།ཡིཀར།ཤྲཱཤ།ཡཱ།ཤཡ།
ཝྲཧ།ཝ།ཛི།པིཡཝཤ།ཡཇཤ།ཤཡ།ཝཤལ།ཡཆི།ཛཡིལཱ།ཤཀ།
ཀཱཔཤཀ།ཝཤཱ།ཡཱཾཧྲི།ཤཡར།ཝཤ།ཤཇར།ཧྲ།ཀཧ།ཏྲཱཀ།ཀཱཧྐ།ཡིཝཧྲ།ཤཡ།
ཀཱར།ཆིཟ།ཡཱ།ཡབཤཀཱཾ།ཡཱཾཧྲི།ཤཡར།ཇྲཱིཏ།ཀཱརཏ།ཆཱཀྲཱཔ།ཇཧྲར།
ཏལར།ལཇིཤཱ།ཤཡི།ཀཱཤཱཡི།ཆིཟ།།ཡིཀར།ཤྲཱཤ།ཡིཏཝ།ཤཡ།ཝྲཧ།
ཛི།པཇིཤ།ཝར།ཀཱཱ།ལཀ,།ཝར།ཀཱཱ།ལཀཀཀ།ཤྲཱཤ། ཀྲཱར,།ཡཱཾཧྲི།ཤཡར,།
ཝཧྲ།ཤཀ།ཡིཧྲཱ,།ཝྲཤ།ཤཀཱ།ཀཱརཡ།ཧྲཡི།ཀཤཱ།ཡཱ།ཡཙཤ།ཡཾཙ།
ཀཱབཱ།ཤཇར།ཏཧྲཝ-ཀཱརཤ།པཇཝྲཤ།ཧྲ།ཀཧ།ཤཀཱ།ཀཱརཡ།ཤཱཏལ།

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པཀྵིཧཡེ།ཝ།ཡུདྡྷཝ།།དྲིཝནལ།ཧཾ།ཨཀྵིཝ།ཀེཧྱཾ།པཇིཝ།ལྷཝ།ཡུཧི-
ཀཏ།ཡུཚིཾ།པཇིཝ,།ཨཔནཱི།ཝ།ཐྲུརིཀ།ལྷཝ།ཨཀྵིཝཔར།ཨཚིཾ།
པཇིཝ།ཧཀཀ,།ཨཔན།ཀཥྚཧ།ཀྭཛཔར།ཝཛྷེར།༄༅༎ཧྲཱིཿ༎།།ཀྵཱ།
ཨཀར།ཀྭརཙཝིཀྭལི།པམལཱི།ཝཀ།ཨཝུཐྲུཝཇིཧ།ཨཚི།།ཡཱ།
ཨིཇཨཱི།ཝ-།ཝཀ།པམལཧྣ།ཝ།དྲིཝཝཀཾ།པལཧ།ལྷུཔཀ།ཝྲཙཀཾ།
ཝེརལཝིཧ།པཇི།ཚལིཧ།ཨཚི།།

ལཝ-ལཝ།ཀྲུཝཔར།ཝི།ཀྵྟུརིཡ།རཇལ།ཀེལྷ།ཀི།ཀྵཱིཀྵཱི།རྫིཡོགྲཇ།
ཧྲཱིཝཔར།པཏྭཾ།ཚཏིལ།།ཨིཚྭལཾ།།པར།ཀྵཱིཀྵཱ།།ཝཇར།དྲཨིཧ།།
ཀྵཱིཀཾ།ལྷཀིཧ།ཧྲཱིཝཔར།ཝལ།ཝལ,།ཝལ།ཝལཀ།ཨཀྵཛ།ཀྵུཛི།
ཡུཚལ།།ཡུཀྵཱི།པཀ།ཡུཧྣཀ།ལིལྷཝཀ།ཝྲི།ཚཀ།པྲར།ཚྭ།ཝ།ཀེལིཇ།།
ཀྲུཝཔརཀཾ།ཡུདྡྷལི།ཨཚི།ཛ།ཨིཚྭལ།ཨཔནཱི།པཀ,།ལྷཝ།ཀྵཱིཀ།
ཇིཔཝཾ,།ཡུཧྣཱི།ཝཇར།ཝཝཀཾ།།ལྷཝ།ཀར།ཨ།ཨཚིཀེཏ,།ཡུ།པུཝ།
།པཀ།ལྷཝ།ཀལཀཧྣཱི།པཀ།ཝཔཱི།ཡུཧྣཱི།དྲཨི།ཀེཏ།།ཧཨིཝྲི།ཚལ།
ཛ།ཝལ།ཝལཀ།ཨཀྵཛ།ཇཨིཨ།ཝཨཇ།ཇལྷུཀྵི,།ཛ།།པ།ལིཝཙཀ།
པཀྵིཨིཧ།ལྷཝ།ཀྵཱིཀྵཱི།ཝཛ།ལྷཔར།ཝྲཐྲ།ཐྲཏ།དྲཨིཧ།།ཝཔཱི།ཡུཧྣཱི།
ཨཔཝ།ཇར།ལུཀྵཾ།ཐྲིལ།ཇརཀ།ཝི།ཀྵྟར།ཨཝཨ།ལཏི།ཀེཏ།།ཡུདྡྷཀ།
ཝིཇྣཧ།ཝལིཧ།པེརཝར།ཡུ།དྲིཝཝཀ།ཝིཇྣཧ།ལཝལ།དྲཏཨ།ལཏིཧ།།
།ཝཝཀཾ།པ།ཝཇི།ཐྲིལ,།ཨ།ཀྵྟལ-།ཇརཀ།རཇཝཇཱར,།ཧཾཨ།ཀྵྟལ-
ཇརལ།ཨིཇཝ།ཇལྷུཀཾ།ཀིཝ།ཨཐྲཱི།ཇརཙཱ།ཡུདྡྷི།ཇལྷུ།ཀརིཨ།།
ཧཇལ།རྫུཀྭ།ལཔྲལཀ།ཇལྷ,།ཛཨིལ།ཚཧྣ-ཀེཝརཔཝཀཾ།ཐྲ།ཝཔཱི།
རཇིཧ།ཨཚི།།ཨཝ,།རྫུཀྭ།ཡུཏིཡ-ཀྵིཀ།ཇལྷུཇིཧ།ཨཚི།ཡཱུ།
ཨཀ།ལྷ།ལཀ།ཨིཛཧཾ།པརཇིཨ།།ཨཀ།ཚཀྭཨིཧ།།ཝཝ།ཝྲཛལ-
"ཐྲི།ཡུ,།ཀིཧ།ཚརི-ཧར།ཐྲིལ།ཇཝ,།ཇལྷུ།ཀཏྲཀ།ཀྵི?"
ཧཨིཝྲི།ཚཛ།།པར།ཧྲཱི།ཡུཧྣཱི།ཝིཔལ།ཀེལྷ,།ཨཨིལ།ཨཀཧྣཱི།།ཝཝཀཾ།
ཝྲལ-ཝ།ཧ།ཡུདྡྷི།ཚུཔྲ།རཇལྷ,།ཡཱུ།།པར།ཛ།དྲཏལ།ཀེལྷ,།ལྷཝ།

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ནར་ཇནྟ་ཨིཀྲི,།ལྟོ་ཝ།ཨེ་ཐ་ཀ།ཏ་ཀ།བུ་ཝེ།ཀུན་པར་ཀ།ལ་ཝ།ལྟོ་ཝེ།ཏེ་ལི་ཝ།

ཧེ།ཧ་ཇེ་ཝཱ།།བ་ཝ་ཀེཾ།ཨེ་ཝ་ལེཾ།ཧ་ཇེ་ཝཱ།ཨེ་ཀེ་ཚར།ཧ་ཀ།བཛྙཾ་སྨཱ།པེ་ཇེ།།བེ།

ཀེ་ལེཾ།།ལྟོ་ཝ།ཀྲ་ཧ།ཀེ་རེ་ཀ།ཧ་ཏ་ཇ་ཝྲི་ཤ།ཏེ་ལ།།ཨེ་སྟ།ཏེ་ལྟ་པར།ཧྲི་སྟ།

སྟ་ཕེ།པ་ཇེ་ཝ།བ་ཝ་དྲི།།།ཨཾ།ལི་ལི།ལེ་བ།ཝྲི་ཀ།ར་ཇཧ།།ཧྲེ་བ།ཨེ་པ་ཝེ།ཨེ་སྟ།

བཛྙཾ།ཚ་བ།ཧྟ་བ།སྨཱེ།པེ་ཇེ།ཝྲ་ཧེ།ཡེ།ཧྲ་ཨེཧ,།ཨེ་ཇེ།ཏྲ།ལ།ཨྲ་ཝེ།ཡེ།ཏེ་ལ།

ར་ཇཧྟ,།ཝྲ་ཝ།།གྲ།ཏེ་ར།ཝེ།ཚ་ཝཾ།པ་ཝྲ།ཏ་པ།ཀ་ཐི།ལེ་བ།།

ཧྟེ་ཝ།ཚ།བུ་ཀ།བ།།ཇ་སྟ།ཀ་ཐི།ཝ་ཧ་ལ-

"ཨྱ་ཇོཾ,།ཨེ་ཀ་སྟ།བ་ཨེ་ཀྲ།པ་ལྟ་སྨར།ཨེ་ཚེ.!"

བ་ཨེ་ཀྲ།པ་ལྟ་སྨར།བུ་ཝེ།ཀུན་པར།ཨེ་ཚ་ཝྲེ་ཧ།ཇེ་ཨེཧ།བུ་ཙ་ལ་ཕེ་ཝ-

"པ།ཀྲི?"

བུ་ཀ།བ།བ་ཧ་ལྟ-

"ལ་ཝ་ཧར།པྲ་ཇེ་བ།ཧྟཾ།ཀ་ལྟ་ལ།ཀ་ཐི།།ལ་ཕེ་ཝ།།"

ཀུན་པར།བ་ཧ་ལྟ-

"ཀྲི།ཀ་ལྟ་ལ།ཀ་ཐི།།ལ་ཕེ་ཝ།།"

བུ་ཀ།བ།བ་ཧ་ལྟ-

"ཝ་བ-ཝ་བ།ཨེ་ལ.ཨེ.།ཧེ་ལྟ་ལ།ཨེ་ལྟ།ཨེ་ཚེ།།ཧེ་ཐ་ལཾ།ཨེ་ལྟ།ཨེ་ཚེ།ཨེ།

ལ་ཇ་ཤ་ཏ་ར།ཧེ་ལྟ་ར་ཇ་ལི་ཝ།།ཨྲེ་ཨེ-པྲེ་ཀ་ཝྲི་ཀ།ཧེ་ཝྲ་ར།ཚེ་ལི་ཝ།།

བ་ཨེ་ཇ།ལེ་ཝ་ཧར།པྲ་ཇེ་བ།ལྟོ་ཝ།'བ་ཝ་དྲི།།'ཀེཾ།ཨུ་ཝ་སྟ-པྲ་ཀྲ།པྲ་ཐ།བཛྙ་བེ།ཨེ།

ལ་ཏ་ལ་ཕེ་ཝ།།ཧྟེ་པར།'།།'།ཧྟ།ཨྲ་པར།ལྟུ་ཇེཾ་ལ།ལྟ་ར་ལ་ཕེ་ཝ།།ཨེ་ཇེ།

ཨ་པ་ཏ་ར།ཙ་ལྟ,།ལྟུ།ལེ་ཝ་ཧར།པྲ་ཇེ་བ།།པཾ།ཇ་ལ།པ་ཝྲ།བཛྙཾ།ཚ་ཏེ་ལེཾ།།

ཨེ་ལ.ཨེ.།ཐ་ཀ་ཐ་ཀྲ།ཀ་ཐི་བེ།།ཝྲ་ཐི།ཏེ་ལྟ།།"

ཀུན་པར།བ་ཧ་ལྟ-

"པ་ཀྱ་ཨེཧ།ཀྲི།ཝྲ་ལ?"

བུ་ཀ།བ།བ་ཧ་ལྟ-

"ཀྲི།ཇ་ཨེཧ།།ཝྲི་ར།པ་ཤ་པེ་རེ་ཝ།ཨེ་ལ.ཨེ.།ཧྲི།ཨེ་ལ.།པྲ་ཇེ་བ།ལ་ཏ།

པཧུཾ་ཚལ།།ཡ།།ཡིཋཔར།པཧུཾ་ཚལ།།པཧུཾ་ཚཏ།ཡིལ་ཡ་།མཀཔཀ།
ཏལ།།པཇིཝ།ཀཱི།མཇྷ།ཡིལ་ཡ་།སྦཇིཝ།ཧྲི་ཡིལ་།སྦཇིཝ།ལཏ།ཝྱཛལ།
ཀལྤ།མི།ཧཾ།ཨཝ་རྡྲི།།ཡཔཝ།ཀཝ།ཝཇི།ཡུཝལྀཝ།།ལྱ།ཨཝ་རྡྲི།།ཀཾ།
ཨེཧ།ཧྲི་ཡིལ་།སྦཇིཝ།ཧྲིཡིཙཀརྐ།ཡིལ་ཡ་།སྦཇིཝཀཾ།ཀཇལཨེཝ།
ཨཝ་རྡྲི།།ཀཾ།པཇིཝ།སྟྲཔྲ།ལྀཡིཝ།།ཧཨེཝ།ཇུཝཀྲ།ཡཾཏ།ཀཛ།ཀརཀ།
ཀྵཏ།ཇྲཧྷ།།ཀཇིཧྲི་ཡིལ་།སྦཇིཝ།ཡིལ་ཡ་།སྦཇིཝཀ།མཇྷ།ཝྲཧ།
ཝྲིརཧ།ཨཝ་རྡྲི།།ཀཾ།ཀཇལཨེཝ-།'ཛ།ཇྷལ།མི།ཇྷལ།མི།ཇྷྲུལྀ།རྡྱུ།།
མཇྷ།ཀཾ།ཡིཀྲཔྲལ།རཇི།ཀཛ།ཀརཀ།ཡཀི།།ཧཾཡི།མཇྷ།ཝྲཡི-ཇྷ།ཡུཧྲ།
ཛཀཾ།རཇི།ཡཔཝ།ཀཛཀཾ།ཡུཀྲ།ཨརྡྲུ།།"
ཀུཝམར།ཨཛལྤ-།"ཧཔར།།།ཀིཀྲ།ཀཇལཨེཝ།ཀྲི།ཝཇི?"
ཡུཀྱཝ།ཨཛལྤ-།"ཀི།ཀཇིཧཛཝ,ཏེཡུཇལ།ཀ།ཀཛཡི།ཇཾམི།ཀརྐ།
ཡུརྐྱ།ལཨེཝ།།"
ཡུཝ།ཝཱ།ཀུཝམར།ཧྲིཀྲ།ཏེར།རི།ཀྲུཾ།ཇྲསྦཝལྤ།མི།ཇྷལྤ།།ལཝལ།ཇྲཝྲི།
རཇལྤཾ།ཛཇིཝ།ཀཛ།ཀརལ།ཇྲཝཔཝ།ཡིཡིཡི།ཛཡིཾ།ཇྲཝྲི།རྡྲིཨཝཀ།
མལ།ཇྷརཡི།ཧཇིཝ།མལཀ།ཡུཝ།ཀུཝམར།ཀ།ལཝལ།ཏྲཏ།ཏལྀཝ།།
ཇཾཡི-ཇཾཡི།རྡྲི།སྟྲ།ཝལལ།ལརཀ།ཨཝ་རྡྲི།།ཡཾ།ཇྷཾརི།ཀརཡི།མི།ཇྷལྤ།།
ཡུཀྲ-ཡུཀྲ།ཨཝ།མི།ཇྷལ།།
ཡུཝཱི།ཝ།ཛཀཾ།ཨཝ་རྡྲི།།སྟྲ།ཨཛ།ཏྲལ།པཧུཾ་ཚ།ཡཔཝ།ཀཛལ།
རྡུརི།ཏལ།ཀལྤ།།ཏྲལལ།ལིཝཛརཀ།པ།པར།ཨཝ་རྡྲི།།རྡྲིཨཀ-ལ།
ཝཀྲ།ཀར།ཀིཙ,།ལྱ།ཝྲཡྤཨཀ།སྟུཔཾ།ཡིམ།ལྤཛ།མཨཀ།ཀིཙ།།
ཡཔཝ།ཝཡལཧ།སྟུརྵཏཀ།ཝྲཚ།ཡཔཝཀཾ།རཨེཝ།ཀིཙ།།སྟྲ།ཨཛ།
ཇྷར།ཏྲལལ།ཡུཨི,།ཡཔཝཾ།ཏརཀ།ཡུ།ཏྲལཀ།ཧལྤ།ཨེལི།ཡཔཝ།
ཝཇྷརཀ།ཀཛ།ཧ།ཇྷུཇྷལ།ཝཔྲ,།ཀཇ།ཨཛ།ལརཡུ།མཇྷཀཾ།ཀཛ།
ཡུལརྡྲ།ཡཔཝ།རལ།རྡྲིཡི།ཀིཙ།།ཇཾ,།ཡིཧ།ཛསྟུར།ལརཡུ།མཇྷཾ།
མལྷར།རཨེཝ།ཀིཙཛ།ཡཔཝ།ཝཇིཡཾ།རཇཝ།ཝཡལཧ།ཀཛ།ལརཡུ།

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ཆེན,།ཨེཀ་ད།ཨེ།ཨེཧྣི།ཧ་རཚཾ།ཝེསྠི།ཧ།ཀཪིཧ།ཆེ་ཟ།ཇེ།ཇཁན།ཇ་ཨེ།
ཀྲཇ་ཀ།བལ་ཡ།ལྷཨེལ།ཨེཀ་ད།ཨེཧྣི།ཀྲལ།ཝེབཞེཧ།ཏྲཨེ།ཆེ་ཟ།།
ཇ་ཨེཔཾཱ།པཾཀཪ།ཀྲཇ།ཀེཨེ།ཝེ།རཚཨེ།ལྱཱ།ཀཝེཡཾ།ཚི།ལྷཨེ།ཝེ།ཆེ་ཟ།།
ཏཱལཀ།ཇིཎྜ་སྤ།ལྷཝེ།ཀྲྀཝེབ་རཀ།ཏཱལཀ།ཇིཎྜ་སྤ།ཁནཊྜཱཱ།ཀཱཾཧ།
ཇེ་ར།ལྷཪཱ།ལཀེན།ཇེ།ཝཱཊྲ་ར།ཝཱཀྲུག།ཁྲུ་ཀ།ཏེལེན།།ལནཀ།ལཏྲཧྣི།
ཁྲུ་ལྷ།བཀྲ་ཧྱ།ལན།ནཚི།ལྷནལཀེན།།ཁཇ་ལྷ-
"ཡ།ཀྲི།ཀྲྀཝེབར?"
ཀྲྀཝེབར།ཁཇ་ལྷ-
"ཏཱལཀ།ལེཀ།ཏཱལ།ཆེཪཱ།བཀྲཱཨེ།རཚལ།ཨེཆེ།ཧཁན།ཏཱལཀ།ལྷྐྱཧ།
ཀེཏ།ཚཨེཧ།།"
ཀྲྀཝེབརཀ།ཏྲཧ།བྱཝེ།ཁནཊྜཱཱ།ལཚསྤཡ།ཀེལེན།ཇེ།ཀྲྀཝེབརཱ།ཁལ-
ཁྲུཏལ།ཏྲཧ།ཏྲཇི།རཚལྷ།ཨེཆེ,ཧཾཨེ།ཀེཀྲྱ།བྱཀཁ།ལྷཀྐྱཧ།ནཚི།
ཚཨེཧ།།བཁཚཀ།བཊྜཀ།བྱི་ཟ།ཀྲེ,ཧཾཨེ།ཨེབཏ-ཨེབཏཱ།བྱྀཪྀཡཱ།ཁེཀ།
ཡཚི།ཨེཆེཨེ།།ཁེཧ།ཀྲེཇེ།ཏཱལཀ།ཝེཾ།ཊྲཱ།ཇཁན།ཀྲྀར།ཁཝེ།ཆེ་ཟ།
ཏཱ།ཨེཾཎྜིཝེཡར།ཁཝེ།ཆེ་ཟ།ཧཁན།ཨེ།ཏཱལ།ཆེཪཱ།ཏྲཚར།བཨེན།ཀཪ།
ཆེ་ཟ།ལྷཱ།ཏྲཱ།ཀཟ།ཁཨེཧ།ཧཾ།ཀཟཨེ།།ཝེ་སྠཪྲི་ཡ།སྤཟྲཱ།ཨེཆེ།ཇེ།བཟ།
ཧ་རཚཀ།ཝེབཀྲཧ།སྤཧ་ལ།ཏཱལཀ།ལེཀཾ།རཚཝེ།ཝེལྷཀྲཀ།ཏྲཀྲཱ་རཚཧ།
ཨེཆེ,།ལྱཱ།ཀྲར།ཏཚི།ཨེཆེ།།ཧཚཏ།ཀེསྤཏ།ཀྲཡཱ་རཚཧ།ཁེཧ་ལ་ཝེ།
ལཝེཏ།ཨེཆེ།ཝེ།ཨེཾཎྜིཝེཡར།ལྷཱཝེ།ཀྲཪཱ།ཁེཝེར།ཎྜ།།ཡཨེཚ།སྤཧ།
ཏཱལཀ།ཨེཆེཨེ།།ཀྲཱལཁ།ཎྜ།ཀྲཱལ།ཁཇེ།ཁཧ།ཆེ་ཟ།ཇེ།ཀྲཀ།བཱྀཏཱར།
ལྷཀྐྱཀཪཀ།ཨེཆེ།།ཨེཀ་ད།།བྱྀཪྀཡཱ།ཁེཡ-།བཚལ,།ཀྲལ།
ཀྲཱཪཡ།ཁྲུ།ཁྲུཝེ།།ཀཪཪ།ཨེསྦཱ།ལྷཁ།ཚཀྲཡར།ཨེཆེ།།ཨེཏ,།ཨེབཏ།
ཨེབཏལ།དཇ-དཇ།ཀཀེན།ཏྲཧ།ཇེ།ཨེཀ།དཇ།ཀཇྲཧར།།ཇཱཏཾཁཀ།
ཇ་ལྷེན།ཀཏཱབཀ།ཀྲལེན།ཨེཆེ།ཧཾཨེ།ཡཱ།ཀྲཱཔཾ།ཧཾ།ཏཚི,།ལྱཱ།ཇཾ།
ཚཀྲཡར།ཀཾ།ཨེཀྲཱཨེ།ཝེཀྲཱ།ལྷཝེ།ལཨེ།ཀྲེ,།ཧཁན།ཨེཨེ།ཇ་ལྷེན་ཀ།

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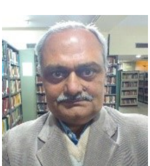
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"ཛེ།ཙལ།པ།ཙལ།།ཡཱ་ཝ།ཡཱ།པཱ་ཚྭ་ལཱ་ཀ།ཛ་ཏ་ཛ།ཝ་ཛེ། ཡཀེ།།ཛལ་དཱ།ལེ་ཀ་ཝེ་ཀ།ཛཱ་དྷཱ།ཡཀེ།།ཡཱི།ཝཱ་ཧ།ཧ་དཱ།ཝཱུ་ཧཱ་ཀ། རྒྱཱ།།"

པུ་རྫ་ཀར།ཡཱ།ཛ་ཡ་ཐུལ།ཙ་སྣཱ།ཛེ་ཡཱ་ཧ།པུ་ཝེ།ལཏ-པཱ་པལ། ཝཙུ་ཧ།ལེ་ཀ་པ་ཐྭ།ཛ་ལྭ།ཐྭ་ཡཱ།ཏེ་ལ།།ཡུ།ཀེ་ཡཱ།ཀེ་ཀྱཱ།ཝཛེ།ཝཛ་ཡཱ།། ཀཀེར།པཱཛ་པ།ཝཛེ།རཛེ་ཀ།ཛེ།པུ་རྫ་ཀར་ཀ།ཏབུལ།ཛེ་ཀ་དཱ།ཧ།།

"ཡཱི།ཛ་ལཱི་ཝ།པཱ་ཚྭ་ལཱ་ཀ།ཐྭེ་ཀ།།ཡུ།ཡེ་ཛུཾ་པ།ཛ་རཱུ་དཱ།ཡཀེ། ཛེ།ཀཱ་ཀཱ་ཀ།དྷ་ཝཾ།ཙ་ཝེ།།ཡཝ་ཝ།ཡཛཾ།ཙུ་ཝ་ཀྱཱ།ཡཱུ་ཧུལ།ལཡཱ། དྷཱུ།།ཙུ་ཝ་ཀར་ཝེ་ཀཾ།ཡེ་ལཱ་ཛ།ཀ་དཱུ།།ཧ་ཀར་ཝཱ།ཡཱ་ཡར་ཝཱ་ཧ། པ་ཐྭ།བར།ཙ་སྣཱ་ཛེ་ཧེ་ཀ།།ཝེ།ཛལ།ཀ་ཧ་ཙུ།དཱ་རཛལ།ཀེ། ཝ།ཡཛཾ།། ཧཝ་ཝ།བེར་པཱ་ཝེ་ཀ།ཀཱུ་ཝཱ་ཧ།ཀེ་ཀ? ཧུ་ཏེ་རེ།ཝེ་པ།ཀ་ཡཱ།པ་ལྷ་ཝ། ཝེ་ཀཱ་ལེ།ལེ་ཝ།།"

"ཝཱ་པི།ཀ་ཝཱ་ཡེ་ཧཱ།ཝཛེ།ཀར་ཛ།།ཡུ་ཏེ།ལ་ཏཱ།ཀ་ཡཱ།ཡུ་ཝ།པུ་ཝེ། རྐྱཱ།ཡ་ཡཱ་ལཱ་ཛ།ཡཀེ།།ཝཱི་ཀ།རྒྱཛེ་ཧ།ཙཛ་ཧཾ།དྷ་ཝ་ཀཱི་རྫ་ལ།ཝཱ་པ་པ། ཙ་ལེ།དྷ་ཛ།།ཛེ།ཡ།ཀཱ།པཉྫ་ཀ།ཛ་ཡཱ།པ།ཡེ་ཧ་ཛེ།ཙེ་ཝཾ།པཾ།པྲེ་ཡཛ།། ཡཱི།ཀཱལ་ཀེ་ཀ།།ཡེ་ཛེ་ཚཱ་ལ།ཧ་དཱ་པ་ཝ།རྫཾ་ཏེ་ཀ།ཀེ་ཝ།ཀཱ་ཛ།ཝཛེ། ཀེ་ཀ།།"

"པཱ་ཚྭ་ལཱ།ཡ་པ་ཝ།ཛ་ཏཛེ་པར།ཙ་ལ་ཧ།....།།"ཡེ།ཝཱུ་ཝཱུ! ཡ། ཡཧ་ཝ།ཝཛ་ལ།ཙ་ལཱ་ཛ།ཀེ།པུ་རྫ་ཀར།ཏ་ཙུ་ལ་ཝ།པཾ་པ།ཛ་ཀཾ།ཙ་ཛ་པལ།། ཡཀ་དཱ།པཾ་ཏེ།ཡེ་ཀར།ལེ་ཚེ་ཧ་པ་ཐྭ།ལ་ཚྭ་རྫཾ་ཛེ།རཛལ།ཙལ།།པུ་རྫ་ཀར། ཛ་ཡ་ཐུ་ཀ།ཝེ་རེ་ཚྭ།པ་ཀེ།ལེ་ལ་ཝེ།།ཡཱི་པྲེ་ཧྲཱ།ཝེ།ཡུ་ཧ་ར་ཝཱུ་རེ་ལ་ཀ།རྒྱཱ། ཡུ་ཝ་ཀ།ཀྱཱ་ལཱ་ཛ↓།།

[illegible]

[illegible]

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[illegible]

[illegible]

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[illegible]

[illegible]

[illegible]

[illegible]

"སེ།ཀཱི?"

"ཨོཇ།ཀཇཱཀ།ཀྲཏ།ཀེཀ? པཙྲཱལྲཱ།ཀེཝ།ཝབ།ཝཇི།ཝཝ། རཇལ།ཀེཀ།།ཀེཀ།པུསྲུཾ།ཤྲི།ཚལི།རཇལ།ཀལ།།ཝྲི།ཚལི།པིཡཏཾ། ཝཾ།།ཐུ།ཨི།ཏེལི།ཀ།།ཇཡཐུ།པཝ།ཝཱི།ཝ།ཨེཀ།ཀྲ།ཨེརཾ།ཚལཝཨི། ཀྲཇི།ཀེཐི།ཧཱཾ།ཧྲ།ཀི།པརཱལྲཝ།ཀེཇ?"

ཡུཧ།རཝྲཱ།རེལཀ།པལསྲ།ཡུཝཀ།ཝཾ།ལྲི།ཏེཝཾ།།ཡྲ།ལྲ།ཀྲཝཀ། པཾཏ།པཇཝ།ཧིཝི།ཝཇཨི།ལྲཏལ།།ཨིཀྲ།པཐུཀ།ཡྲཝཇ།།པུཝ། །ཀེཝཝྲཱ།རེལཀ།ལེཀ།པཐུ།པིཇ།ཇཡ།ཇཡཐུ!ཇཡ།ཇཡཐུ! ཀརཨི། ལྲཏལ།།ལྲིཇལ།ཏརལྲཨིཧཱ།།ཨེ།ཇཡཐུ།པུཡཾ།པཐུ།ཀཾ།ཝྲཀྲེཝཧ། ཀཇལཨེཝ-

" ཝཾཧཱ།ཇིཨིཧཱ།དྲཡུ།།།པཙྲཱལྲཾཧཱ།པལྲཇཀ།ཀྲཇ།ཀེཀ།། པཐུཀ།ཨི།ཀྲ།ཀེཀཾ།ཧཱ།ཝཝཝ།ཀརཧིཀ།།ཇཝ།ཧཱཾ།ཡཔཝ།ཧྲེཝཝ།ཨིཇྲ། ཇིཧུ།ཡུཔརཏི།ཀྲཀལ།ཀྲི།།ཀྲ།ཀྲཏི།ཝཇཧ།ཡཔུསྲུ།ཀེཐི།།ཨེལཇྲལ། པཐུཾ།པཇིཝ།ཇུཝཀར།ཨིལྲཇ།ཀྲཨིལ།དྲཨི།།"

"ཇཝ།ཡྲཝ།པུཧྲ།པུསྲུ།ཀྲི།།"-ཝྲཱ།ཀྲཐུ།ཝཇལྲཇ།།

"ཇཝཇུ།པཙྲཱལྲཀ།པཀྲཝི།ཀྲི།།ཨིཨིཇ།ཇཝར།པཇྲ། ཨིལྲཇ།ཡཀེ།།ཇཡཐུ།ཀེལིཀ།ཝཀྲཱ།ཀ།ཡུཀྲུལ།ཀྲཇ།ཀཨི། རཇལ།ཀེཐི།།ཇཝ།ཇུཝཀར།པཝཧྲཝ།ཀཨི།རཇལ།ཀྲི།།"

ཇུཝཀར།ཝཧ།པུཝ།ལྲིཇལ།ཨིཀྲ།ཝཾ།ཝལིཏལ།། ཇཡཐུཀ།ཡྲཐུཇཔར།པཐུཏེལ།ཡཔཝ-ཡཔཝ།ཇུར།།པཝྲི།ཐུལྲཇ།། པུཧྲཀར།ཚཧྲཨིལ།ཡྲཔ།ཇཀྲཾ།ཡཔཝ།པིཧྲ།།པི།།ཨེལཐི།ཡྲཝཱི།ཀེཀྲུ།

[illegible]

[illegible] editorial.staff.videha@gmail.com [illegible]

[illegible]



[illegible]

[illegible]

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[illegible]

[illegible]

....

[illegible]

[illegible]

[illegible] editorial.staff.videha@gmail.com [illegible]

[illegible] Blood Group [illegible] Hypertension [illegible] Antioxidant [illegible] Digestive System [illegible] GERD



[illegible]

[illegible] Blood Group [illegible]
[illegible] Hypertension [illegible] Antioxidant [illegible]
[illegible] Digestive System [illegible]
[illegible] GERD

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[illegible]

[illegible]

[illegible]*

[illegible]

[illegible]

[illegible]
[illegible]
[illegible]
IgE[illegible]
IgE[illegible]
[illegible]
[illegible]
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[illegible]
[illegible]

[illegible]

1.[illegible]
2.[illegible]
3.[illegible]
[illegible]
[illegible]
4.[illegible]
5.[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

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[illegible]

[illegible] 7 [illegible] 55% [illegible] 45% [illegible] 91 [illegible] 91 [illegible]

1 [illegible]

[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

2. [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

3. [illegible]
[illegible]

[illegible] Lungs [illegible]
[illegible]
[illegible]
[illegible] exhale [illegible]

4. [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]

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[illegible]

[illegible]

[illegible]-42 [illegible] 54 [illegible]

[illegible]

[illegible]-147 [illegible] 61 [illegible]

[illegible]

[illegible]

4500 [illegible] 11000 [illegible]

[illegible] 150000 [illegible] 450000 [illegible]

[illegible]

[illegible] (stem cell) [illegible]

[illegible]

[illegible]

[illegible] 12 [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]:-13.2[illegible]16.6[illegible]।।
[illegible]:-11.6[illegible]15[illegible]।।

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] Blood Group

[illegible]

A, B, AB, [illegible] O

[illegible]

[illegible]

"[illegible]" [illegible]

"[illegible]" [illegible]

[illegible]

[illegible]

[illegible]

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[illegible]

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[illegible] unlmatched [illegible]

[illegible]

[illegible]

[illegible]

[illegible]

ཧཨིཏ་ཚཻཀ་ཏཁན་རཀྟ་ཙིཧྣཀ་ཨུཔཙཡཀཱ་ཛེཨིཏ་ཚཻཀ།།
པྲཙལི་པཾ་ལཁར་རཀྟ་མཱུཛཀ་དྲཝཀྱ་ཛུལི་ཏ་ཡོྃཛྷཡཀྵར།།
པུར་ཀྟ་ཨུཤྩཾ་པཾ་མཏྲ་གཾ་ལཔཝ་ལཔཝ་རཀྟ་མཱུཛ་ཀར་དྲཝཀྱ་ཛིཝཀ་ཙུཎི།།

༥

ཨུཙྩ་རཀྟ་ཙཱཔ༼Hypertension༽

ཨུཙྩ་རཀྟ་ཙཱཔ་ཀྱཝ་ལི་ལ་ཧཱཏྲིཀ་རཱཏྲ་པཾ་ཝྱཱི་རཛལ་ལཚི།།ལཱཛི།
ཛིཏ་མཛཁཧ་ཛིཏ་ལཱཀ་ཧིཝཱིར་ཡལི་དྲཝཀྱ་པར་ལ་ཨུཔཙཡཀ
ལཚི།།
རཀྟ་ཙཱཔ་ཝཱ་ཧི་རཀ་ལཱཛིཝ་མྦྲིཏ་ཀཾ་ཀཛལ་དྲཥིཏ་ལཚི་ཛཁཝ།
རཀྟ་ཀར།།ཝཝ་ཧཱལཱི་པར་ཝཱྀཡ་ལཱཀྲིཏ་ལཚི།།120/80་མཱལཱྃ།
རཀྟ་ཙཱཔ་ཛིཥིཏ་ལཚི།།ཛཁཝ་ཨཱི་139/89་ཝིལཱ་ཡཱ་ལཱཛིཔཾ།
ཝཱྀཏ་ལཚི་ཏཁཝ་ཝིཝར།ཧྣཝ་།ཝི་ཨུཔཙཡཀ་ཝ་དྲཥིཏ་ལཚི།།ཨཱི།
ལཱཛི་ཝིལཱཧིཀ་པྲཟལ་ལཁམྦྷ་ཏིཀ།།180/120་ཡཱ་ལཱཛིཔཾ་ལ་ཧཱྀཀ།
ཧཾ་ཁལྷིར་མྦྲིཏ་ཛིཥིཏ་ལཚི།།ཀལ་རཀྟ་ཙཱཔ་ཝྲཱཝཥི་པཛི་ཟཱིཀ།
ཝཛི་ཛིཥིཏ་ལཚི་པར་ཏྲུ་ལཱཀར་ལཱིཏ་ཁལྷིར་ཛིཝཀ་པྲྀཝ་རཀྟ།
ཙཱཔ་ལ་ཧཱྀཀ༼ཐཱིཔ་རྟེཾཝཝ༽ཧུལ་ཝལི་ཀཱུ་ཀལ་ཛིཥིཏ།
ལཚི།།

རཀྟ་ཙཱཔ་ཡཾཁཏ་པཾཝ་ལི་ཛཱ་པཾཝ་ཨུཔར།།ཧྣ་ཡལ་ལཚི་ལཱཀ་ཧཱ།
པི་སྤྲི་ཀ་ཀཛལ་དྲཥིཏ་ལཚི་ཨུ་ཛཱ་ཝི་ཙྭ།།ཧྣ་ཡལ་ལཚི་ལཱཀ་ཧཱ།
ཉྭཡ་སྤྲི་ཀ་ཀཛལ་དྲཥིཏ་ལཚི།།

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[illegible]

[illegible]

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[illegible]
[illegible] ◦॰narrow॰◦ [illegible] ◦॰block॰◦ [illegible]
[illegible] ◦॰elastic॰◦ [illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]
[illegible]

[illegible]
[illegible]
[illegible]

[illegible]
[illegible]
[illegible]
[illegible] ◦॰vomiting॰◦ [illegible]
[illegible]

[illegible]
[illegible]

[illegible]

[illegible]

1. [illegible]

[illegible] ACE inhibitor [illegible]

2. [illegible]

3. [illegible]

4. [illegible]

5. [illegible] (vasodilator).

[illegible]

[illegible]

[illegible]

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[illegible] Antioxidant

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible] oxidative stress [illegible]

Digestive System

tissue

[illegible]

[illegible]

1. [illegible]

[illegible]

2. [illegible]

3. [illegible] esophagus [illegible] 25 [illegible] Pharynx [illegible]

4.[illegible] stomach:-

[illegible]

5.[illegible]:-[illegible] 20 [illegible]

[illegible] waste [illegible]

[illegible]

6. [illegible] duct [illegible] store [illegible]

7. [illegible] 5 [illegible] 6 [illegible] cecum [illegible]

[illegible]

[illegible] 136 [illegible] Debris [illegible]

8. [illegible] 18 [illegible]

[illegible] sensor [illegible] relax [illegible]

[illegible]

[illegible] swallow [illegible]

[illegible]

[illegible]

[illegible]

[illegible] valve [illegible]

[illegible]

[illegible] relax [illegible]

[illegible]

ཨེཀར།ཛཁན།ཀོཥྛབདྡྷཏཱ།ཧོཨིཏ།ཨཆི།ཏཾ།ཛཕལ།ཅིཀིཏྶཀ།
ཕྲཡོཛན།པཌཻཏ།ཨཆི།།

ཕུཾཛྙཝིཏ།པཤཱིརསྦྱཏ།མཝ,།ཛཁན།ཧཱིརྣིཡཱ།ཨེཾཝ།ཨེཀར།ལཀྵཎ།ཨེར།
ཨཧིཀ།ཝཌྷཻ།པཀཻཏ།ཨཆི།ཧཱིརྣི།ཤྲུཏི།ཅི།ཨཱརཛལ།ཆོ།།
1.།ཛཾ།ཝི༔ཕྲ།ཝཌྷཻཏ།ཨཆི།།
2.ཛཾ།ཧཱིརྣཡཱ།ཀེར།ཧུཔར།ཀྲཛྙྨ།ཞཝཛར།ཝྱ།དྲཧོཨིཏ།ཨཆི།ཨཱུ།
ཧཱིཛི།ཝི།ཧུཛྙར།༼bulging༽།ཧཱིཏ།དྲཧོཨིཏ།ཨཆི།།ཧཱིཛི།ཧཱིཀྲ།
ཝྲཱིརྣི།ཛིཧོཨིཏ།ཨཆི།ཛཀྲ།ཛིཡཱུཊཝ།ཛཧྲི།ཡཱུ༼Hiatal hernia༽།
ཀཛཝ།དྲཧོཨིཏ།ཨཆི།།
3.།ཕྲིཏཊ།ཀཾ།ཏ།ཙྭཧྲ།ཝི།ཧཱིཀར།ལཀྵཎ།ཝཌྷཻ།པཀཻཏ།ཨཆི།།
4.།པཾཛྡེ།ཧུཏྲཀ༼connective tissue༽།པཾ།ཛྷཏ།ཝྲཱིརྣི།ཛཀྲ།
ཀྲཊཔཾ།ཧཾཕུཔཾཕྲ།ཀཝཛར།ཛིཧོཨིཏ།ཨཆི,།ཕྲཀྲཔཾ།ཧཱིཏི།ཕྲཧཱིཔ།
ཨཛི།ཨཝ།རིཔྲཀྲ།ཝྲཱིརྣི།ཝྱ།པཀཻཏ།ཨཆི།།ཕྲཾཀྲར།ཀཝྲཊ།རིཛྲཔཾ།
ཝཞཝ།རཛིཏ།ཨཆི།།

5.།ཕྲཱུཔྲཞཔཾ།ཧཱིཝྲཱིརྣི།ཝཌྷཻ།པཀཻཏ།ཨཆི།།ཕྲཱུཔྲཔཾ།ཨཛྷཀ།
ཝྱཛཞ།ཀེཔཾ,།ཀྲཏི།ཝི།ཀྲཔཾ།ཨེཔཾ,།ཏྲཝ།ཛྙཛཝ།པུྶ།ཨཛྷཏ།
ཨཛྷཀ།ཝཕྱཀྲ།ཀྲཛ།པཝ།ཨེཔཾ།པིཛི།ཧཱིཝྲཱིརྣི།ཝཌྷཻཏ།ཨཆི།།
ཏྲཛ།ཏྲཛ།ཀཔིཡ།ཝཔཾ།ཏྲཝ༼beverage༽།ཝརྡྲ།ཝི།ཧཱིཏ།
ཊཝ།ཨཆི།ཛཀྲ།ཀི།ཚཾཛྙ།པཡ༼ཀཔཾ།ཀྲཾ༽།ཧཱིཛི།པཝ།ཧཱིཛི།ཝིཝ།
ཨཀྲཝ།ཨཆི།།ཝི།ཀྲ།ཕྲཞ།པིཛི།ཧཱིཛི།ཝྲཱིརྣི།ཝི།ཡཱུཝ།ཞཛི།ཀརཏ།
ཝཕྲི།ཨཛྷཀ།ཨཀྲཕྲི།ཀརཏ།།

ཝཛྷཏ།ཞ།ཏྲཀ།ཨཏར།ཧཱིཛི།ཝྲཱིརྣི།ཀཾཝྲཀཔཾ།ཛྷཞ།ཞཛི།ཝདྲཡ།

[illegible]

[illegible]

[illegible]

1.[illegible]:-[illegible]

2.[illegible]-2[illegible]H2[illegible]:[illegible] chronic [illegible]

3. [illegible] (Proton pump inhibitor):- [illegible]

4. [illegible]

[illegible] editorial.staff.videha@gmail.com [illegible]

२.१०. [illegible]

[illegible]

[illegible]

१. [illegible]

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२. [illegible]

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३. [illegible]

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[illegible]:-

१. [illegible]

२. [illegible]

३. [illegible]

४. [illegible]

५. [illegible]

६. [illegible]



[illegible]

[illegible]

𑒌 𑒩𑒔𑒢𑒰𑒣𑒩 𑒁𑒣𑒢

𑒧𑓀𑒞𑒫𑓂𑒨 editorial.staff.videha@gmail.com 𑒣𑒩 𑒣𑒚𑒰𑒅।

२.११. [illegible]
[illegible]

[illegible]
[illegible]
१. [illegible]

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२. [illegible]
[illegible]

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३. [illegible]
[illegible]

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[illegible]
[illegible]
[illegible]:-
१. [illegible]
२. [illegible]
३. [illegible]
४. [illegible]
५. [illegible]
६. [illegible]

[illegible]



[illegible]

ཤེ་ཀ་ལ་ལ་ཆ་ལ་ཨོ་ཀ་བ་ལི་བ་ར།། ལེ་ཀ་ཏཱ་ཀྱ་བ་ཏཱ་ཆོ་ལི་ཛེ་ཝཱ་ར་ལི་ཁ་མ།
ཝུཾ་ཏེ་ཙ་ཛེ་ཧི་ཡཱ་ཁ་མ་ཀ་ཧྲེ་ཁ་རཾ་ཧྣཱ་ཧ་ཏཱ་མ་ཝ་ཀཾ་ཧྣཱ་ཐ་ཞ-ཡ་བྲཱ་ཝ་ཀྲ།
ཛེ་ཧི།། ཧ་ཤི་ཀྲ་ར་ཟ་ཁ་མ་ཀཾ། ཀྱ་ཝ་དཱ་ཁེ་ལ་ཧ་ལ་ཁ་ཨཱ་ཀེ་ཝ་ར་ཇེ་ཧི།།
ཡཱ་ཧྣཱ་ཧ་ཏཱ་མ་ཝ་ཀཾ་ཤི་ཧི་མ་ལ་ཞྭ་ཇེ་ཧ་ཤི།། ཧ་ཤིཾ་ཁ་མ་ཁ་ལྭ་ཀཾ་ལ་ཧ་ལ་ཁ།
ཀྱ།།
མ་ཝ་ཧཾ་ཨ་བ་ཝེ་བུ་ཡཱ་ར་ཟ་ལི་ཀྱ་ཁ་ཀྱ་ལྭཱ་རེ་ཧ་ཨ་ཆི།། བུ་ཡཱ་ར་ཟ་ཕུ་ར་ཡེ་ལ།
ཧཾ་ཝ་ཇ་ཝ་ཤི་ཧཾ་ཡཱ་ཇ།། ཨ་ཝ་ཀྲཾ་ཀེ་ཀ་ར་ཀྱ་ལ་ཧ་ལ་ཁ།།
ཤི་མ་ཚ་ལ་ཀ-ལྱཱ་ཇ་ལ་ཧཾ་སྣ་ཟ་ལི་ཝེ་ཆྭ།། ཁི་ལྭ་ར་སྤྲེ་ཝ་ར་ལྭ་ར།
ཡ་ཝ་ཀ་ཀྲ་ར་ཇ་ལ་ཆེ་ལྭི་ཛེ-
"ཇ་ལ་ཏཱ་ཨ་ཁ་ཀྱ་ལ་ར་ཁ་ཧ་ཀ་ར་ཀེ་ཝ་ཙ་ཀྲ་ཝ་ཝ་ཇི།། ལེ་ཀ་ཁ་ར་ཝཾ་ཞ།
ཀ་ཀྲ་ཧྣཱ་ཡྻཱ།།"
ཨ་ཤི་ཐཱ་ལ་ཀེ་ཝ་ཝེ་ཏཱ་ཤི་ཁ,ཛེ་ཐཱ་ལ་ཛེ་ཝ་ཤི་ཀ་ཞྭ་ཨ་ཆི།།
'ཀེ་ཧ་ཁ་ལི་ཁ་ཁ་ལི་ཁ,བ་ར་ལ་ཀ་ཀྱ་བ་ཨ་ཝ་ཀ།།'
ཝུཾ་ཞ་ཇ་ཤི་ཧ།། ལེ་ཤི་ཝུཾ་ཞ་ཀ་ར་ཝ་ལི་ཝེ་ཏཱ་ཝེ་ཀེ་ཧ་ཀ་བུ་ཁ་ཆ་ཤི།།
ཀེ་ཧ་ཀ་ཡཱ་ཝ་ཝ་ཆ་ཤི།། སྤུ་ཚ་ཝ་ལི་ལ་ལྭ་ཀ་ཡུ་བ་ཀྱ་ཝ་ཛེ་ཀྱ་ཀཾ།
ཀ་ཆ་ལ་ཀྱ་ལ་ཏ་ལི་བ་ཨ་ཁེ་ཝ། ཀྱ་རི་ལ་ཏ་ལི་ཆེ་ལ་ཤི།།
ཨ་ཀ་ཀྱ་ཡཱྀ་བ་ཧྲེ་ལི།། ཡཾ་ཏ་ཝཾ་ཝེ་ཀ་ལི་ཧ-ཀྲ་ལ་བ་ཀྲྀ་ཞེ་ཀེ་ཝ་ར་ཇ་ཤི།།
"ཀ་ཧ་ཤི་ཏཱ་ཤི་ཆེ་ཤི།། ཀེ་ཝ་ཨ་ཤི་ཐཱ་ལ་ལ་ཀ་ཝེ་ཆ་ཤི།།"
བཀྲྀ་ཛེ་ཝ་ཧ་ལ་སྤ་ཤི་ལ་ར་ཇ་ཤི།།
ཤཾ་ཀྲ་ལི་ཨེ་ཝ་ཤི་ཧ་ལ་ཝ! ཀྱ་ལ་བ་ཡ་ཧྲེ་ཡཱ་ཤི་ཧ! ཛེ་ཀྱུ་ལི་ལི་ཁེ་ཧ་ཝ་ཛ་ལ-
"ཀེ་ཝ་ཡཱ་ཝ་ཐཱ་ལ་ཏཱ་ཤི་ཆེ་ཤི་ཛེ་ཨ་ཝ་ཧ་ལ་སྤ་ཤི་ལ་ཆྭ།། ཨཱེ་ཀ་ཀྲ་ལ།
ཧཾ་ཏཱ་ཤི་ཆྭ།།"
ཇཾ་བ་ཧ་ཛེ་ཀྱུ་ཝེ་ཀེ་ལ་ཏ་ལ་ཆེ་ལ་ཤི།།
མ་ཧྲེ་ཀ་བ་ར་ཤི་ཁ་ཧི་ཡཱ་བ་ཞེ་ཀཱི་ཝ་ར་ཇ་ཤི-
"ཇེ་ཡཻ,སྤུ་བུ་ར་ཨ་ཆི་བ་ཀླ་ལ་ཡཱ་ཏཱ་ཤི་ཆེ་ཤི་ཡུ་ཧྲ་ར་ལྱུ་ཇཾ།།"

[illegible]

[illegible]

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[illegible] editorial.staff.videha@gmail.com [illegible]

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[illegible]



[illegible]

[illegible]

[illegible]

"[illegible]"

[illegible]

[illegible]

[illegible]

ཡིཧྣཧྣ།ཀེལཀ།།ཧཙེཏ།ཛལྷཱརཀ།ཀཚཀྵཡེལ།པུར།པུཏཧྣལི།
ཡྷཱཡེལ།།
"ར།ཀྵཇཙལྷཱ,།ཙཇྙར།ཀེཾ།།པྷཱཏི།ལྷཱཏི།ཀེཡི,།པུཏི།ཀེཡི།ཏི།ཀེཾ?"
ཏརཀྐཱ།ཡུཏིཙ།ཀཧྣ།།ཙིཧ།ཡཀི།ཡྷཱཙ།ཧྣ།ཀཧྣ།པལྷཱལ།ཀེརཧ།ཡཀི།།
"ཙཀྵཡྷཱཧྣཧྣཧྣ,།ཏིལྷཱཔ།པྷཱཡ།ཀཧྣ།ཙཎྜྷཡཱཾ།ཛལ།ལྷཱ།།པྷཱཇཙཀཾ།ཕིཡྷཱཔ།
ལྷཱཏལ།ཀེཏ།།"
ཙཀྵཡྷཱ།ཧྣཀར-ཕུཀར།ཀེརཧ།པྷཱཏི།ལྷཱཙིཧ།ཡཀི།།ཛལྷཱར།པྷཱཇཙ།
ཀྲཏྲཏྲཱ།།ཡེ-ཕཾ།ཀྵ།ཙེཛྷི།རཇལ།ཀལྷཱ།།ཙཀྵཡྷཱཀཱཾ།།ཙེཧ།ཇུཏཀར།
ཡྷཱཾཙེ།ལལིཡྷཱ།ཏིལ།།ཕི།ཡྷཱཾཙེ།ཙཀྵཡྷཱཀ།།ཇཔར།ཧྣཀྵེ།རཇལ།ཀལ།།
"ར།ཡཡི།ཀེཾཀྵཱཾ།ཀྲཛ།ཀཧྣཙི།ཀེཾ?།ཧྣལྷཱཟལ།ཡཛྷཱཏིཡལ།ཙུཏྲི།ཀེཇྙ།
ཀེ།ཏཇི?།ཙཀྵཱཀ།ཙྲ༢༦?།ཀྲཏྲཏཀ།ཙཎྜུ,,།ཧྣཧ།།ཀེ།ཀིཡི།ཡྷཱི།
ཀེཾཀྵཱ?"
"ཏཀར།ཀྱེ།ཇཏྲར།།"
"ཡིཀར།ཧྣཔ།ཀེཇཏ།ཀེ?།ཙིཀྲཱཟརིཀ།ཀེཾཀྵཱཀ།ཀལྷཱཡི།ཡྷཱཡི།ཀེ?།
ཡིཇཏ།ཙཀྵཱཀཾཧཾ།ཕཛྷཧྣཀ།ཀྵཇྙ།།"
ཡིཀཧྣ།ཏཇྀཀྲ།ཧྣཛལ-
"པརཀྲར,།ཇལཧྣ།ཏྲལཀ།ཡིཧ།ཀཧྣ།ཀེཀྵཱཾཧཾ།ཙཧྣརཔཀ།ཡེཀྲྀཡལ།ཀྲཛ།
ཀེརཧ།ཡཀི།།"
ཛལྷཱར།པྷཱཇཙ།ཙཔེཧ།ཙཛལྷཱ-།"པུཏཏི།ཏཇི།རཇྙ,།ཇལརཀྲྀ.ཡིཔ.པྷཱ.།
པྷཱཇཙ།ཡིཧཡཾ།ཡིཀ།།རཛཏ།ཙཀྵཱ།པཟཀཾ།ཀཀྵཱཾ།ཀཧྣ།ཡཏཏི།
རཇཞ།།ཧྣལྷཱཟལ།ཡུཏྲི།ཀྲཏྲཏཀེ།།ཀེཇཏ།ཏྲལ།ཡཀི།།ཡཙེཧྣར།
ཀེཡེ།ཕཛྷཀི།ཀེ།ཏཇི?།ཏཧ།པཟ།ཏཇི།ཙུཏྲཱཙཀེ?"
ཕཙཕིཡྷཱ།།ཀྲཏཀྲར།ཀཇལཀེ-
"ཡཀྙཱཾཧཾ།ལཙ-ལཙ།ཡིལིཡི།ཇཏྲར།།ཡཀྙཱཾཡཾ།ཕཇིལ།ཧྣལ།པྷཱཇཙ།
ཛལྷཱར།ཏྲེ།ཡྷཱཡིལ།རཇཞ།།ཀཀྙཱཾ།ཡིཧཀཀྲ-ཀྲཏྲཏ།ཀཇཡེ..།"

ཏཻཝཱ།ཚ།ཝེ།ཚུཡཱ།པུཀཻ།ཀཻ-།"ལཱལེཀ,།ཡཱཨེ།པུཨེཙར།ཀཱེཝཱེ།།ཝེ།ཝ?"
'ཚཎྜཀ'།ཨེཀ།དཱ།ཏྲཱལཔར།ཙཔྲུར།ལཱཱེརཧ།ཏར༔ཡཱ།ཚེ ཚེཡཱ།ཡཱེཙཧ།
ཨཚེ-
"ཚུཔ།པཱར!།ཧཛར།པུཨེཙར།ཧཾ།པིཔཱཛཱི།ལཇ།ཏེལེ།།"

ཨཔན།མཾཏཝྱ editorial.staff.videha@gmail.com པར།པཋཱཨུ།།

༢.༧༢.དཱེཐ།ཝཇལཀ།པ།དཱ།ཀཱ-།ཀཱ-ཡཱཇཨེཔར།ཡཱཝཱ།ཀཱིཡ།

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ཏེལ། །ཡཚོཾ་མཐ། ཆལི་ཏྲ་ཡུ། །ཇལ་ནུ་ཝྲིཧྲ་ཡེལི་ཟུན་ལཙླཱ་ལ་ཝེ།
ཇཡཧ། །"

ཡཧ་ཡཔཾ་པཪ་ལིཾ་ཡཾ་ཏན་ཡཱཝ་ཝཱཀེ་ནཔར། ཀཾ་ཡི། །ཐ་ཡཔི་པཪ་ལིཾ། །
ཡཔི་ཡུ་ཡལ་ལ་ག་ཀེ་ཏུཾ་ཀེ་ཏུ་ཝཧྲི་ཧ་ཡེ་ཀྲ-ཡེ་ཀྲི་ཏྲ་རཇལ་ཡཀེ། །
མཐ། ཆལི་ཏེལ་ཧཾ་ཝེ་ཆན་ཐ་ཐ་ཝེ་སཾཔ་ཀེ་ཪ་ལིཾ། །པཀྲི་ལཏལི་ཡཱཝ།
ཇལ་ནུ་ཝེ་ཇཱ་རི་རཇལ་ཡཀེ། །པུཀ་ལི་ཡི-།"ཡནྲ་ཀེ་ཡི་ཧ་ཀེ་ཀྲི?"
ཝཇ་སྤྲོཇ-།"ཡེ་ཀྲི་ཇ་ཡཚོ་ལིཏྲེ་ཀྲི་ཀྲི་ལར། །ཡཚོ་ཡེཧ་ག།
ལིཏི་ཡུཇ་ཀྲེ། ཇལ་ནུ་པཧུ་ཝེ་ཀལ། །ཡཱཝ་ཧཾ་ཇལ་ནུ་ལུཇ་ཀེ་ཡི་ཡི།
ཇ་ཡེ་ཇན་ལིཏྲ་གཔཾ་ཏ་ཀེན་གཐ་ཇི་ནཏྲེ་ཀྲ་ཙཝཱེ་ག། །ཡཚོཾ་ཐྲ་ཪལི།
རཀྲ་ཡེལི་ཟུན་ལི་ཇྲུ་ཇེན་ག་ལལ་ཇལ་ཇོ་ཏྲ་ཡི་ཀྲི། །"
ཀེཧ་ཡི་ཡུ་རཱཔཾ་ཝེ་ཀེལ་ཏེ་སྤྲི། །ཇལ་ནུ་ཝྲིཧ་ནུ་ལི་ཇ་ཐྲ་ཀྲུ་ཡུན་མན།
ཡུབ་ཡི་ལཏལ། །ལིན་ལི་ཡཱཝ་ཡི་ལཏལ་ཀེ་ཀུ་ཐཐ་མཐ-།ཪ་རུཝ་ག....།
སུམ་གཐ། །ཝ..ཝིཚོཪ..པཪིཏཪག་ཏཐ..མཏྲ..ཧུཇ་ཏྲིཧ..ལིཏི་ཡུཇ..!
ཀེཀུ་ཀྲལ་ཧག་ལིན་ཡེ་ཏྲ་ཡིཧ་རཇལ། །མཪ་ཇ་ཏྲ་ཝྲིཧ་རལི་ཀེཀུ།
ཡུཏལ། །ལིཇ་ཀེཾ་ཡཱ་ཪཇ་ཏྲ་ཡུ་ཧུཇ་ཡུཏེ་ཏེལ་ཇེ། །ཧཪ་མཱཐ་གཐ།
ཡུཏེ་ལིཾ། །གུར་ཧ་པཇེ་ཪ་ལིཾ། །ཏྲི་ནུ་ཀྲ་ཐུ་ལི་ལཙ་ཀེ་ལིཾ། །ཡུ་ཡཾ་མིཔ་།པ།
ཏེཧ་ཏྲ་རཇལ་ཀྲི། །ལུཇཔཾ་ཇ་རཏར་པུར་པུཧ:ཝེ་ཀེལ་རཇལ་ཡཀེ-
།"ཆཱུ་ཇ་སྤྲི་ཆཱུ། །ཇལ་ཡེལི་ཟུན་ལི་ཇྲུ་ཇེན་ག་ལལ་ཏྲ་རཇལ།
ཀྲི། །"

མཪཱ།ཪཡེ་ལཏེ་ལིཾ། །ཡེཧ་གཔཀུ་ཡུ་ཡལ་ཀྲི་ཧཱ།ཪཇེ་ཝེ་པཪཧ། །

ཡབན་ཡཾཧཱ editorial.staff.videha@gmail.com **པར་པཛུ། །**

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༢.།ཛགདཱིཤཔྲསཱད།"ལགྷུ"ཀ།"ལཱིཧིཀ།ཐཱཔན"པར།ཏཇིཪཱ།ཙཱཀུརཀ།
ཧིཡྱཱཧི

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༣.།ཡཱིཤཱི།ཀཱལཧཀ།ཡིཀཾཀཱི།"ཛིཤཏཱིཀ།ལིལ"།ཡཱ།ཡིཡིཔར།ཏཇིཪཱ།
ཙཱཀུརཀ།ཧིཡྱཱཧི

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ཡིཤྟིཐལཱིལི།ཡཱཀཾ།མལཱཝཪར།ཀྑཱཀ།ཀིཅཱ།ཏཐལཱུ།ཀསྣཀརཔཾ།
ཅཤཀཱ།ཤཛཪིལི།ཅཤཀར།ཡཔཤ།མཧིཪྤཱ།༥-༥།ཤཱ།ཀསྣཱ།ཡཱཡཱཧཱི།
ཀཡིལཏིལ།ཡཆི།།ཀསྣཀཱར།ལིཀཏི།ཆཤཱཿ-
༡.ཀཔིལིཤར།ཧྱཱཧ
༢.ཡཱལིཤ།ལཪཱལ
༣.ཧལཕིལཱམ།ཕཱཅ
༤.ཧཛཪཔ།ལཪཱལ
༥.ཤཤཕིལཱམ།ཧཡ
༦.ཛཏིཤ།ཕྱཱ།ལཪཱལ
༧.ཀཱཤཤ།ལཪཱལ
༨.ཧལཱཤཤ།ལཪཱལ

ཡི།ཡཾཀལི།ཕཱསཱཧ།ཡཆི།ཧཛཪཔ།ལཪཱལཀ།༥།ཤཱ།ཀསྣ,།ཛཡིཔར།
ཤལར།མལཱིཪཱ།ཡཾཏཱཪིལི།མལྱཱ།ཀཱཡ།མྱཱཪཱ།པར།ཡཆི།།-།མལྱཱ།ཀ



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ཞ་ཧྲཱལ། །ཞྲཧ་འཇྱོཧཾ་ཝིཾཇཇྲི་ཏིར་ཇཧ་ཡཆིལ། །
ཡག་ར་གིར་ཞྲི། །ཙ་བུལཞྲི་གཱི་ཝཱིཝཱི། །ཇ་ཡུ་ཏི་ཞིམཱི། །ལག། །ཡུཾཙི་ལྷུལ-
ལྷུལ་ཨར་ཨར་གཱི་ཝིཧ་ཞྲི་ཇྲཱ་ར། །ཞྲཇལ-
"ཝཇྲ་ཇཱུཾ་ཇྲཱ་ཏི་ཇི་ཞཇིཧཾ..།"
གིཇྲ་ལུཝཞྲ་ཞཇི་ཀྲ་གལ། །ཡུཇྲ་འཇྲུལ་ཇཾཔུཡུ་ཞྲིཞྲི་བུལཞྲི།
ཇུཾ་གལ། །ཆར-ཆར-ཆཀྲ་གཇཾཔུཡུ་ག་པུཇྲ་ར་ཇུར་ཀྲ་ག་ཝིཏི།
ལུཝཞྲ་ག་གིཞྲ་ག་ཇྲཱཀྲ་ཡ་ཆཀྲ་ཏིལ། །
ཡུཾཙི་ལུཇྲ་གཇི། །ཙལ་གཧཾ་ཇུཇྲི་ཝཧཾ་ལ་ཡི་ཝཇྲ་ལ་བུལཞྲི་ཞཇི།
གིཡ་ཡུཞ་ཇྲཱཇྲཱ་ཡཆི། །པུཡིཧ་ཞྲཆ་ག་ཇྲཾ་ཇྲཾ་གིཞྲི། །ཞྲི།
ཡག་ཀྲ་ཝར་ཝཞྲ་ར་ཇྲཱ་ཇི་ཏིལ། །
ཇྲཨལ་ཇྲཞཾ་ཇྲཱཇལ་ཇཾཔུཡུ་ཞྲིཞྲི,།ཡུཇྲ་ག་ཇྲཱཇྲ་འཇྲཞྲི་གིར་ཧྲཾ།
གིར་ཡུཡིལ་ལུཙ,།ལྷུལ-ལྷུལ་ཡུཾཙི,།ཨར-ཨར་གཱི་ཝིཧ་ལུཝཞྲི། །ཝ།
འཇྲུལ་ཡུཞི་རཇལ་ཡཆི། །
ཏར་ཇྲཧ་ཞྲཇལ-
"ཡུཡི་ཝཇྲ་ཀྲཱ་ཇྲཞ་འགཀྲཱི། །ཝཇྲ་ཀྲཱ་པུཝ་ཝཇ་ཡུཇྲ་གཇྲ་ཞྲི་ཀྲ་ལི།
ཇི,།ཇྲཱ་ཇྲཱ་རཇ་ཡཇྲ་ཇྲཱལ། །"
ལུཝཞྲ་གཱི་ཇྲཇྲ་ལི་ཇི་ཡུཝ་པུཇ་འཾ་ཇྲཡཝ་ལཝ་གིལ་ཡཆི། །ཡ་ཙིཙིར།
ཇ་ཇྲཱ་པུཇྲ་ལུཞྲཇ་ཝཾཡིལ། །ཇྲཾ་ཡི-ཇྲཾ་ཡི་ཙིཝིཧ་ཝཇྲ་རཇལ་ཡཆི། །
ཡག་ཀྲ་ཇྲཇྲི་ཝཇྲཧ་ཡཆི་ཇི་པུཇྲཾ་ཇྲཞལ་ཇྲཇལ་ཡུཾཙི་ཡུཇཾཔུཡུ།
ཞྲིཞྲི་བུལཞྲི། །ཇྲལ་ཡུཞི་རཇལ་ཡཆི། །ཡུཞི་རཇལ་ཡཆི། །ཞྲི་ཇྲཡ།
ལཞྲཇྲཱ་ཞཇི། །ཞྲི། ཆཇྲཱལ་ཏི་ཡག་ཀྲཱི་ཇཝར། །ཡ། ཆཆི་ཡུ་ལུཇལ-།
"ཇི་ལྷུལིག,ཇི་ཏིར་ཇཧ,། །ཇྲཱ་གཇྲ་ཡུའ་ཇཇི། །"
གིཇྲ་གིཧ་གིཡ་ཞཇི་ཡིཞྲཧ་ཡཆི། །ཡ་ཡཝཇྲཱཾ་ཧ་ཇྲཱ་ཇི་ཏིལ།
ཡཆི། །ཇལམ་བུཙི་རཇལ་ཡཆི། །ཡུཾཙི་ག་ཡུཇྲ་ཡཇྲ་ར་ཝཞྲ་ཇྲཇྲི།
ཝིཇྲཧ་ཡཆི། །ཇིར་ལཞྲ་ཝིཇྲཧ་ཇར-ཇར་ཝཾ་པུཇ་གར་ཡི་ལྷུཏལ-།

"ཇཡ།ཇཱིཝཏ྄ཕ།ཏྲྀཔ།ཐེར།ཕཱཀཪ..།ཇཡ།ཀཱཔྦྲཱཧེྂ།ཁེཀ།
ཡུདྡཀར.!"

ཨཔན།མཾཏཝྱ editorial.staff.videha@gmail.com པར།པཋཱཨུ།

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[illegible] editorial.staff.videha@gmail.com [illegible]

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ཌ.ཀྲིཤཱ

༄༅ཤད་ཏྲླཝེཏྲཱཀ།ཝེ།ཝཏྲ-ལཏྲཝེྲལཡཤ།ཤྲཀཱཝཤྲཀྲཤཱཀ།ཆ༄༅

[ཆཤྲཤྲཇཱཏཱཝེཏྲཝཤ།ཨཛྲེཉྷེ།ཟཝཏྲ།ཟཝཏྲཐ།ཆ།ཡལཙྱེ།ཏྲཏཾ།
ཤྲཏཾ།ཟྲཇྲཏཱ།ཡྭ།ཏྲཝཡཝཨཡཝཤྲལྭ།ཡཤ།ཡཤྲཏྲཟྷྲ།།ཡྭ།
ལཏྲཀཝཟེངཏྲངཔརཆཡཞཟཾ།
ལཏྲཀཝཟེངཏྲངཟིཏཆཤྲཏྲལཡཙཝཨཡ།ཟྲཞཝཏཱཝཱཇ།ཏྲ།
ཟཝཏྲ།ཟཝཏྲཞྲལ།ཡལ།ཡཀེཟྲཏྲཤཱ།།]

ཏྲ།།ཡཙཡཟལོ།ཟྲཟཔརཆཡཿཟྲ།
ལཏྲཀཝཟེངཏྲངཟིཏཔཟཀཱཞ།ཏྲཟེ།ལཟྲཤྲཙཔ།ཨཛལོ།
ཀྲཞལ།ཡཀྲཤ།ལཀྭཞཤྲཝཱརཆཾཏ།ཏྲཏ།།ཟཟཏཡོ།ཡཤ།
པཱཤཱརཞཤ།ཡལཱཏྲཞ།ལཤྲཡཏ།ཡ།

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[illegible]

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1.	[illegible]	[illegible]	[illegible]

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2.	[illegible]	[illegible]	[illegible]
3.	[illegible]	[illegible]	[illegible]
4.	[illegible]	[illegible]	[illegible]

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[illegible] editorial.staff.videha@gmail.com [illegible]

